



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Ziller, Julia

Club: Katholische Laufjugend Arnstadt
Number: 210

Course: 5.00 km
5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 36:32

Speed: 8.21 km/h
Running performance: 7:19 min/km

Rank in course/Total: 50 (of 50)
Rank in course/Women: 23 (of 23)

Best time in course: 19:52
Rank in category: 6(of 6)
Best time in the category: 19:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.39	9:42	6:58	6	4:26	23	4:26	1.39	9:42	6:58	6	4:26	2	2:00
Lap 2	2.35	17:25	7:24	6	7:57	23	7:57	3.74	27:07	7:15	6	12:23	2	5:44
Last lap Finish	1.30	9:25	7:14	6	4:17	23	4:17	5.00	36:32	7:18	6	16:40	23	16:40