



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Richter, Janice

Club: SG Urbich  
Number: 248

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
weibliche Jugend U18 (16-17 Jahre)

Total time: 46:33

Speed: 12.89 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 37 (of 103)

Rank in course/Women: 3 (of 23)

Best time in course: 44:00

Rank in category: 1(of 2)

Best time in the category: 46:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women						Pos Women	Behind Women
Lap 1	1.70	6:44	3:57	1	-	1	-	1.70	6:44	3:57	1	-	22	
Lap 2	2.34	10:40	4:33	1	-	2	0:21	4.04	17:24	4:18	1	-	13	
Lap 3	2.34	10:55	4:39	1	-	3	0:34	6.38	28:19	4:26	1	-	22	
Lap 4	2.34	11:42	5:00	1	-	3	1:09	8.72	40:01	4:35	1	-	22	
Last lap Finish	1.30	6:32	5:01	1	-	5	0:55	10.00	46:33	4:39	1	-	3	2:33