



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Rott, Theresa

Club: LSV Lok Arnstadt

Number: 93

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 22:28

Speed: 13.35 km/h

Running performance: 4:29 min/km

Rank in course/Total: 14 (of 39)

Rank in course/Women: 2 (of 14)

Best time in course: 22:10

Rank in category: 1(of 2)

Best time in the category: 22:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	5:37	4:02	1	-	2	0:03	1.39	5:37	4:02	1	-	1	-
Lap 2	2.35	10:50	4:36	1	-	2	0:19	3.74	16:27	4:23	1	-	1	-
Last lap Finish	1.30	6:01	4:37	1	-	1	-	5.00	22:28	4:29	1	-	2	0:18