



24. Arnstädter Citylauf  
Arnstadt / 26.04.2014

Detailed evaluation

Fruntke, Antonia

Club: Sv 1899 Mühlhausen  
Number: 107

Course: 5.00 km  
Autohaus Gebrüder Kühn 5-km-Lauf

Category:  
weibliche Jugend U20 (18-19 Jahre)

Total time: 22:10

Speed: 13.53 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 12 (of 39)

Rank in course/Women: 1 (of 14)

Best time in course: 22:10

Rank in category: 1(of 2)

Best time in the category: 22:10

Intermediate times

Stage score

Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women |
| Lap 1           | 1.39        | 5:34          | 4:00            | 1           | -              | 1            | -               | 1.39          | 5:34          | 4:00            | 1           | -              | 2            |
| Lap 2           | 2.35        | 10:31         | 4:28            | 1           | -              | 1            | -               | 3.74          | 16:05         | 4:18            | 1           | -              | 2            |
| Last lap Finish | 1.30        | 6:05          | 4:40            | 1           | -              | 2            | 0:04            | 5.00          | 22:10         | 4:26            | 1           | -              | 1            |