



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Zocher, Susanne

Club: Ilmenau

Number: 102

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 24:42

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 17 (of 39)

Rank in course/Women: 3 (of 14)

Best time in course: 22:10

Rank in category: 1(of 2)

Best time in the category: 24:42

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.39	6:19	4:32	1	-	4	0:45	1.39	6:19	4:32	1	-	3	0:42
Lap 2	2.35	11:57	5:05	1	-	3	1:26	3.74	18:16	4:53	1	-	3	1:49
Last lap Finish	1.30	6:26	4:56	1	-	3	0:25	5.00	24:42	4:56	1	-	3	2:32