



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Leffler, Nicole

Club: Katholische Laufjugend Arnstadt
Number: 86

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 27:13

Speed: 11.02 km/h

Running performance: 5:26 min/km

Rank in course/Total: 27 (of 39)

Rank in course/Women: 7 (of 14)

Best time in course: 22:10

Rank in category: 2(of 2)

Best time in the category: 26:22

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	6:48	4:53	2	0:14	9	1:14	1.39	6:48	4:53	1	-	7	1:11
Lap 2	2.35	13:03	5:33	2	0:23	7	2:32	3.74	19:51	5:18	1	-	7	3:24
Last lap Finish	1.30	7:22	5:39	2	0:14	6	1:21	5.00	27:13	5:26	2	0:51	7	5:03