



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Knabe, Julia

Club: ThSV 1886 Geschwenda

Number: 83

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 26:17

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 22 (of 39)

Rank in course/Women: 5 (of 14)

Best time in course: 22:10

Rank in category: 1(of 2)

Best time in the category: 26:17

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	6:21	4:34	1	-	5	0:47	1.39	6:21	4:34	1	-	8	0:44
Lap 2	2.35	12:26	5:17	1	-	5	1:55	3.74	18:47	5:01	1	-	8	2:20
Last lap Finish	1.30	7:30	5:46	1	-	7	1:29	5.00	26:17	5:15	1	-	5	4:07