



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hedwig, Diana

Club: Kaulsdorf

Number: 78

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 26:22

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 23 (of 39)

Rank in course/Women: 6 (of 14)

Best time in course: 22:10

Rank in category: 1(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	6:34	4:43	1	-	6	1:00	1.39	6:34	4:43	2	-	9	0:57
Lap 2	2.35	12:40	5:23	1	-	6	2:09	3.74	19:14	5:08	2	-	9	2:47
Last lap Finish	1.30	7:08	5:29	1	-	5	1:07	5.00	26:22	5:16	1	-	6	4:12