



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hein, Lisa

Club: Katholische Laufjugend

Number: 80

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 31:15

Speed: 9.60 km/h

Running performance: 6:15 min/km

Rank in course/Total: 37 (of 39)

Rank in course/Women: 13 (of 14)

Best time in course: 22:10

Rank in category: 2(of 2)

Best time in the category: 22:10

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	8:13	5:54	2	2:39	13	2:39	1.39	8:13	5:54	2	2:39	13	2:36
Lap 2	2.35	14:45	6:16	2	4:14	12	4:14	3.74	22:58	6:08	2	6:53	13	6:31
Last lap Finish	1.30	8:17	6:22	2	2:12	12	2:16	5.00	31:15	6:15	2	9:05	13	9:05