



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Bierwisch, Tara

Club: Arnstadt

Number: 124

Course: 5.00 km

n3 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 32:33

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 51 (of 58)

Rank in course/Women: 15 (of 19)

Best time in course: 21:13

Rank in category: 3(of 4)

Best time in the category: 23:24

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	1.38	7:45	5:36	3	1:42	15	2:28	1.38	7:45	5:36	3	1:42	15	2:28
Lap 2	2.34	15:56	6:48	3	4:51	16	5:46	3.72	23:41	6:21	3	6:33	15	8:14
Last lap Finish	1.28	8:52	6:55	3	2:36	15	3:06	5.00	32:33	6:30	3	9:09	15	11:20