



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |