



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Grimm, Johanna

Club: Arnstadt

Number: 187

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend W13 (13 Jahre)

Total time: 33:23

Speed: 8.99 km/h

Running performance: 6:41 min/km

Rank in course/Total: 55 (of 58)

Rank in course/Women: 18 (of 19)

Best time in course: 21:13

Rank in category: 2(of 2)

Best time in the category: 28:47

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:44	5:36	2	0:31	14	2:27	1.38	7:44	5:36	2	0:31	14	2:27
Lap 2	2.34	16:00	6:50	2	2:06	17	5:50	3.72	23:44	6:22	2	2:37	16	8:17
Last lap Finish	1.28	9:39	7:32	2	1:59	18	3:53	5.00	33:23	6:40	2	4:36	18	12:10