



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hein, Lea

Club: Katholische Laufjugend
Number: 326

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
weibliche Jugend U18 (16-17 Jahre)

Total time: 1:04:23

Speed: 9.32 km/h
Running performance: 6:26 min/km

Rank in course/Total: 124 (of 127)

Rank in course/Women: 21 (of 22)

Best time in course: 43:14

Rank in category: 2(of 2)

Best time in the category: 58:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1.67	9:54	5:55	2	1:41	22	3:23	1.67	9:54	5:55	2	1:41	22	3:23
Lap 2	2.35	15:05	6:25	2	1:53	22	4:58	4.02	24:59	6:12	2	3:34	22	7:57
Lap 3	2.35	15:15	6:29	2	1:21	20	4:55	6.37	40:14	6:18	2	4:55	21	12:52
Lap 4	2.35	15:41	6:40	2	1:14	20	5:27	8.72	55:55	6:24	2	6:09	21	18:19
Last lap Finish	1.28	8:28	6:36	2	0:06	18	2:50	10.00	1:04:23	6:26	2	6:15	21	21:09