



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

Hohenstein, Laura

Club: Erfurter LAC

Number: 138

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 21:13

Speed: 14.14 km/h

Running performance: 4:14 min/km

Rank in course/Total: 6 (of 58)

Rank in course/Women: 1 (of 19)

Best time in course: 21:13

Rank in category: 1(of 2)

Best time in the category: 21:13

### 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	5:17	3:49	1	-	1	-	1.38	5:17	3:49	1	-	1	-
Lap 2	2.34	10:10	4:20	1	-	1	-	3.72	15:27	4:09	1	-	1	-
Last lap Finish	1.28	5:46	4:30	1	-	1	-	5.00	21:13	4:14	1	-	1	-