



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Rott, Theresa

Club: LSV Lok Arnstadt

Number: 157

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 22:13

Speed: 13.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 11 (of 58)

Rank in course/Women: 2 (of 19)

Best time in course: 21:13

Rank in category: 2(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	5:35	4:02	2	0:18	2	0:18	1.38	5:35	4:02	2	0:18	2	0:18
Lap 2	2.34	10:39	4:33	2	0:29	2	0:29	3.72	16:14	4:21	2	0:47	2	0:47
Last lap Finish	1.28	5:59	4:40	2	0:13	2	0:13	5.00	22:13	4:26	2	1:00	2	1:00