



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Voß, Anika

Club: ASV Erfurt

Number: 179

Course: 5.00 km

n3 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 23:24

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 18 (of 58)

Rank in course/Women: 4 (of 19)

Best time in course: 21:13

Rank in category: 1(of 4)

Best time in the category: 23:24

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	6:03	4:23	1	-	3	0:46	1.38	6:03	4:23	1	-	3	0:46
Lap 2	2.34	11:05	4:44	1	-	4	0:55	3.72	17:08	4:36	1	-	4	1:41
Last lap Finish	1.28	6:16	4:53	1	-	4	0:30	5.00	23:24	4:40	1	-	4	2:11