



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Knabe, Julia

Club: ThSV 1886 Geschwenda

Number: 181

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 29:15

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 41 (of 58)

Rank in course/Women: 10 (of 19)

Best time in course: 21:13

Rank in category: 1(of 1)

Best time in the category: 29:15

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.38	7:25	5:22	1	-	10	2:08	1.38	7:25	5:22	1	-	10	2:08
Lap 2	2.34	14:00	5:58	1	-	10	3:50	3.72	21:25	5:45	1	-	11	5:58
Last lap Finish	1.28	7:50	6:07	1	-	10	2:04	5.00	29:15	5:50	1	-	10	8:02