



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Rott, Theresa

Club: LSV Lok Arnstadt

Number: 128

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 22:21

Speed: 13.42 km/h

Running performance: 4:28 min/km

Rank in course/Total: 11 (of 56)

Rank in course/Women: 1 (of 20)

Best time in course: 22:21

Rank in category: 1(of 2)

Best time in the category: 22:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1.38	5:59	4:20	1	-	1	-	1.38	5:59	4:20	1	-	1	-
Lap 2	2.34	10:36	4:31	1	-	1	-	3.72	16:35	4:27	1	-	1	-
Last lap Finish	1.28	5:46	4:30	1	-	1	-	5.00	22:21	4:28	1	-	1	-