



26. Arnstädter Citylauf
 Arnstadt / 30.04.2016

Detailed evaluation

Riese, Lea

Number: 158

Course: 5.00 km
 n3 5-km-Lauf

Category:
 weibliche Jugend W13 (13 Jahre)

Total time: 28:45

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 33 (of 56)

Rank in course/Women: 7 (of 20)

Best time in course: 22:21

Rank in category: 1(of 2)

Best time in the category: 28:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	7:27	5:23	2	0:13	11	1:28	1.38	7:27	5:23	2	0:13	11	1:28
Lap 2	2.34	13:47	5:53	1	-	7	3:11	3.72	21:14	5:42	1	-	7	4:39
Last lap Finish	1.28	7:31	5:52	1	-	8	1:45	5.00	28:45	5:45	1	-	7	6:24