



26. Arnstädter Citylauf  
Arnstadt / 30.04.2016

Detailed evaluation

Heydt, Julia

Club: TSV 1865 Langewiesen  
Number: 114

Course: 5.00 km  
n3 5-km-Lauf

Category:  
weibliche Jugend W15 (15 Jahre)

Total time: 29:03

Speed: 10.33 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 36 (of 56)  
Rank in course/Women: 9 (of 20)  
Best time in course: 22:21

Rank in category: 2(of 3)  
Best time in the category: 27:11

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	7:25	5:22	3	0:41	9	1:26	1.38	7:25	5:22	3	0:41	9	1:26
Lap 2	2.34	14:07	6:01	2	1:02	11	3:31	3.72	21:32	5:47	2	1:43	9	4:57
Last lap Finish	1.28	7:31	5:52	2	0:09	8	1:45	5.00	29:03	5:48	2	1:52	9	6:42