



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Guentzek, Jeana

Club: LSV Ilmenau

Number: 154

Course: 5.00 km

n3 5-km-Lauf

Category:

weibliche Jugend W15 (15 Jahre)

Total time: 29:13

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 38 (of 56)

Rank in course/Women: 11 (of 20)

Best time in course: 22:21

Rank in category: 3(of 3)

Best time in the category: 27:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:14	5:14	2	0:30	6	1:15	1.38	7:14	5:14	2	0:30	6	1:15
Lap 2	2.34	14:22	6:08	3	1:17	16	3:46	3.72	21:36	5:48	3	1:47	10	5:01
Last lap Finish	1.28	7:37	5:57	3	0:15	12	1:51	5.00	29:13	5:50	3	2:02	11	6:52