



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Hein, Lea

Club: katholische Laufjugend Arnstadt
Number: 144

Course: 5.00 km
n3 5-km-Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 29:44

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 45 (of 56)
Rank in course/Women: 15 (of 20)
Best time in course: 22:21

Rank in category: 2(of 2)
Best time in the category: 22:21

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	7:31	5:26	2	1:32	12	1:32	1.38	7:31	5:26	2	1:32	12	1:32
Lap 2	2.34	14:15	6:05	2	3:39	13	3:39	3.72	21:46	5:51	2	5:11	14	5:11
Last lap Finish	1.28	7:58	6:13	2	2:12	17	2:12	5.00	29:44	5:56	2	7:23	15	7:23