



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Grinm, Johanna

Number: 149

Course: 5.00 km
n3 5-km-Lauf

Category:
weibliche Jugend W13 (13 Jahre)

Total time: 29:48

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 46 (of 56)

Rank in course/Women: 16 (of 20)

Best time in course: 22:21

Rank in category: 2(of 2)

Best time in the category: 28:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:14	5:14	1	-	6	1:15	1.38	7:14	5:14	1	-	6	1:15
Lap 2	2.34	14:49	6:19	2	1:02	17	4:13	3.72	22:03	5:55	2	0:49	16	5:28
Last lap Finish	1.28	7:45	6:03	2	0:14	15	1:59	5.00	29:48	5:57	2	1:03	16	7:27