



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KORTUM, Pia

Club: GMRLV

Number: 147

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 23:32

Speed: 12.75 km/h

Running performance: 4:43 min/km

Rank in course/Total: 13 (of 41)

Rank in course/Women: 1 (of 12)

Best time in course: 23:32

Rank in category: 1(of 3)

Best time in the category: 23:32

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Lap 1	1.38	6:01	4:21	1	-	1	-	1.38	6:01	4:21	1	-	1	-
Lap 2	2.34	11:17	4:49	1	-	1	-	3.72	17:18	4:39	1	-	1	-
Last lap Finish	1.28	6:14	4:52	1	-	1	-	5.00	23:32	4:42	1	-	1	-