



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Hänsgen, Juliane

Club: TSC Ruhla/WSC 07

Number: 140

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 28:17

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 26 (of 41)

Rank in course/Women: 5 (of 12)

Best time in course: 23:32

Rank in category: 1(of 2)

Best time in the category: 28:17

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 | 6:49 | 4:56 | 1 | - | 4 | 0:48 | 1.38 | 6:49 | 4:56 | 1 | - | 4 | 0:48 |
| Lap 2 | 2.34 | 13:53 | 5:55 | 1 | - | 5 | 2:36 | 3.72 | 20:42 | 5:33 | 1 | - | 5 | 3:24 |
| Last lap Finish | 1.28 | 7:35 | 5:55 | 1 | - | 4 | 1:21 | 5.00 | 28:17 | 5:39 | 1 | - | 5 | 4:45 |