



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