



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Cramer, Caroline

Club: Kirmesgesellschaft Dannheim

Number: 129

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 28:59

Speed: 10.35 km/h

Running performance: 5:48 min/km

Rank in course/Total: 27 (of 41)

Rank in course/Women: 6 (of 12)

Best time in course: 23:32

Rank in category: 2(of 3)

Best time in the category: 23:32

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	7:19	5:18	3	1:18	7	1:18	1.38	7:19	5:18	3	1:18	7	1:18
Lap 2	2.34	13:56	5:57	2	2:39	6	2:39	3.72	21:15	5:42	2	3:57	6	3:57
Last lap Finish	1.28	7:44	6:02	2	1:30	5	1:30	5.00	28:59	5:47	2	5:27	6	5:27