



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Grimm, Johanna

Club: Kath. Laufjugend Arnstadt

Number: 130

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

weibliche Jugend W14 (14 Jahre)

Total time: 29:04

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 28 (of 41)

Rank in course/Women: 7 (of 12)

Best time in course: 23:32

Rank in category: 2 (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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:23	5:21	2	0:34	9	1:22	1.38	7:23	5:21	2	0:34	9	1:22
Lap 2	2.34	13:56	5:57	2	0:03	6	2:39	3.72	21:19	5:43	2	0:37	7	4:01
Last lap Finish	1.28	7:45	6:03	2	0:10	7	1:31	5.00	29:04	5:48	2	0:47	7	5:32