



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Sauer, Nele

Club: LSV Lok Arnstadt

Number: 173

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

weibliche Jugend U14 (12-13 Jahre)

Total time: 29:25

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 35 (of 52)

Rank in course/Women: 6 (of 18)

Best time in course: 24:51

Rank in category: 1(of 2)

Best time in the category: 29:25

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	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	1.38	7:25	5:22	1	-	11	1:20	1.38	7:25	5:22	1	-	11	1:20
Lap 2	2.34	14:19	6:07	1	-	6	2:17	3.72	21:44	5:50	1	-	8	3:37
Last lap Finish	1.28	7:41	6:00	1	-	6	0:57	5.00	29:25	5:53	1	-	6	4:34