



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hänsgen, Juliane

Club: TSG Ruhla/WSC07

Number: 154

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 29:25

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 36 (of 52)

Rank in course/Women: 6 (of 18)

Best time in course: 24:51

Rank in category: 2(of 4)

Best time in the category: 26:46

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	7:02	5:05	3	0:07	8	0:57	1.38	7:02	5:05	3	0:07	8	0:57
Lap 2	2.34	14:22	6:08	2	1:58	8	2:20	3.72	21:24	5:45	2	2:05	6	3:17
Last lap Finish	1.28	8:01	6:15	3	0:34	11	1:17	5.00	29:25	5:53	2	2:39	6	4:34