



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Ronshausen, Emily

Club: SV 1899 Mühlhausen

Number: 26

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 25:50

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 14 (of 29)

Rank in course/Women: 4 (of 12)

Best time in course: 23:41

Rank in category: 1(of 1)

Best time in the category: 25:50

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	6:24	4:38	1	-	3	0:27	1.38	6:24	4:38	1	-	3	0:27
Lap 2	2.34	12:29	5:20	1	-	4	1:06	3.72	18:53	5:04	1	-	4	1:31
Last lap Finish	1.28	6:57	5:25	1	-	5	0:38	5.00	25:50	5:09	1	-	4	2:09