



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Eisleb, Rena

Club: SSV Erfurt 02

Number: 96

Course: 5.00 km

5-km-Lauf

Category:

weibliche Jugend U18 (16-17 Jahre)

Total time: 26:33

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 16 (of 30)

Rank in course/Women: 5 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 26:33

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	km	Time			min/km	Pos Women	Behind Women
Lap 1	1.38	6:39	4:49	1	-	3	0:55	1.38	6:39	4:49	1	-	3	0:55
Lap 2	2.34	13:03	5:34	1	-	6	2:16	3.72	19:42	5:17	1	-	5	3:11
Last lap Finish	1.28	6:51	5:21	1	-	4	0:40	5.00	26:33	5:18	1	-	5	3:51