



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Heinze, Monika

Club: Blankenhain

Number: 105

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 29:28

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 33 (of 39)

Rank in course/Women: 10 (of 14)

Best time in course: 22:10

Rank in category: 1(of 2)

Best time in the category: 29:28

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	1.39	7:16	5:13	1	-	11	1:42	1.39	7:16	5:13	1	-	10	1:39
Lap 2	2.35	14:02	5:58	1	-	10	3:31	3.74	21:18	5:41	1	-	10	4:51
Last lap Finish	1.30	8:10	6:16	2	0:15	11	2:09	5.00	29:28	5:53	1	-	10	7:18