



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Weber, Sigrid

Club: Lok-Arnstadt

Number: 98

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 29:49

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 34 (of 39)

Rank in course/Women: 11 (of 14)

Best time in course: 22:10

Rank in category: 2(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	7:37	5:28	2	0:21	12	2:03	1.39	7:37	5:28	2	0:21	11	2:00
Lap 2	2.35	14:17	6:04	2	0:15	11	3:46	3.74	21:54	5:51	2	0:36	11	5:27
Last lap Finish	1.30	7:55	6:05	1	-	10	1:54	5.00	29:49	5:57	2	0:21	11	7:39