



25. Arnstädter Citylauf
 Arnstadt / 25.04.2015

Detailed evaluation

Frenzel, Corinna

Club: Lübben
 Number: 130

Course: 5.00 km
 n3 5-km-Lauf

Category:
 Seniorinnen W40 (40-44 Jahre)

Total time: 29:51

Speed: 10.05 km/h
 Running performance: 5:58 min/km

Rank in course/Total: 42 (of 58)
 Rank in course/Women: 11 (of 19)
 Best time in course: 21:13

Rank in category: 2(of 2)
 Best time in the category: 29:05

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	7:37	5:31	2	0:10	12	2:20	1.38	7:37	5:31	2	0:10	12	2:20
Lap 2	2.34	14:17	6:06	2	0:23	12	4:07	3.72	21:54	5:53	2	0:33	12	6:27
Last lap Finish	1.28	7:57	6:12	2	0:13	11	2:11	5.00	29:51	5:58	2	0:46	11	8:38