



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Fleischer, Juliane

Club: Katholische Laufjugend Arnstadt
Number: 129

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 30:58

Speed: 9.69 km/h
Running performance: 6:11 min/km

Rank in course/Total: 47 (of 58)

Rank in course/Women: 13 (of 19)

Best time in course: 21:13

Rank in category: 4(of 5)

Best time in the category: 23:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:54	5:43	4	1:51	17	2:37	1.38	7:54	5:43	4	1:51	17	2:37
Lap 2	2.34	14:50	6:20	4	3:54	13	4:40	3.72	22:44	6:06	4	5:45	13	7:17
Last lap Finish	1.28	8:14	6:25	4	2:02	12	2:28	5.00	30:58	6:11	4	7:47	13	9:45