



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Weber, Sigrid

Club: Lok Arnstadt

Number: 168

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 31:58

Speed: 9.38 km/h

Running performance: 6:23 min/km

Rank in course/Total: 49 (of 58)

Rank in course/Women: 14 (of 19)

Best time in course: 21:13

Rank in category: 1(of 1)

Best time in the category: 31:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.38	7:38	5:31	1	-	13	2:21	1.38	7:38	5:31	1	-	13	2:21
Lap 2	2.34	15:18	6:32	1	-	14	5:08	3.72	22:56	6:09	1	-	14	7:29
Last lap Finish	1.28	9:02	7:03	1	-	16	3:16	5.00	31:58	6:23	1	-	14	10:45