



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kluba, Lydia

Club: Erfurt
Number: 141

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 32:59

Speed: 9.10 km/h
Running performance: 6:36 min/km

Rank in course/Total: 53 (of 58)

Rank in course/Women: 16 (of 19)

Best time in course: 21:13

Rank in category: 5(of 5)

Best time in the category: 23:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	1.38	8:41	6:17	5	2:38	19	3:24	1.38	8:41	6:17	5	2:38	19	3:24
Lap 2	2.34	15:29	6:37	5	4:33	15	5:19	3.72	24:10	6:29	5	7:11	18	8:43
Last lap Finish	1.28	8:49	6:53	5	2:37	14	3:03	5.00	32:59	6:35	5	9:48	16	11:46