



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Siedhoff-Müller, Elke

Club: Arnstadt

Number: 162

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 33:21

Speed: 9.00 km/h

Running performance: 6:40 min/km

Rank in course/Total: 54 (of 58)

Rank in course/Women: 17 (of 19)

Best time in course: 21:13

Rank in category: 2(of 2)

Best time in the category: 27:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	7:45	5:36	2	0:36	15	2:28	1.38	7:45	5:36	2	0:36	15	2:28
Lap 2	2.34	16:14	6:56	2	3:07	18	6:04	3.72	23:59	6:26	2	3:43	17	8:32
Last lap Finish	1.28	9:22	7:19	2	1:49	17	3:36	5.00	33:21	6:40	2	5:32	17	12:08