



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Gärtner, Toni

Club: Team Formtief

Number: 133

Course: 5.00 km

n3 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 36:17

Speed: 8.27 km/h

Running performance: 7:16 min/km

Rank in course/Total: 57 (of 58)

Rank in course/Women: 19 (of 19)

Best time in course: 21:13

Rank in category: 4(of 4)

Best time in the category: 23:24

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	8:23	6:04	4	2:20	18	3:06	1.38	8:23	6:04	4	2:20	18	3:06
Lap 2	2.34	17:35	7:30	4	6:30	19	7:25	3.72	25:58	6:58	4	8:50	19	10:31
Last lap Finish	1.28	10:19	8:03	4	4:03	19	4:33	5.00	36:17	7:15	4	12:53	19	15:04