



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Du Maire, Mandy

Club: Lohmühle29

Number: 310

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 44:08

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 42 (of 127)

Rank in course/Women: 2 (of 22)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 44:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	6:57	4:09	1	-	3	0:26	1.67	6:57	4:09	1	-	3	0:26
Lap 2	2.35	10:19	4:23	1	-	2	0:12	4.02	17:16	4:17	1	-	3	0:14
Lap 3	2.35	10:25	4:25	1	-	2	0:05	6.37	27:41	4:20	1	-	2	0:19
Lap 4	2.35	10:33	4:29	1	-	2	0:19	8.72	38:14	4:23	1	-	2	0:38
Last lap Finish	1.28	5:54	4:36	1	-	2	0:16	10.00	44:08	4:24	1	-	2	0:54