



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hentschel, Katja

Club: MTB-Thüringen.de

Number: 405

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 46:16

Speed: 12.97 km/h

Running performance: 4:38 min/km

Rank in course/Total: 53 (of 127)

Rank in course/Women: 3 (of 22)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 46:16

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	1.67	6:31	3:54	1	-	1	-	1.67	6:31	3:54	1	-	1	-
Lap 2	2.35	10:42	4:33	1	-	3	0:35	4.02	17:13	4:16	1	-	2	0:11
Lap 3	2.35	11:19	4:48	1	-	3	0:59	6.37	28:32	4:28	1	-	3	1:10
Lap 4	2.35	11:33	4:54	1	-	3	1:19	8.72	40:05	4:35	1	-	3	2:29
Last lap Finish	1.28	6:11	4:49	1	-	3	0:33	10.00	46:16	4:37	1	-	3	3:02