



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Krause, Diana

Club: Alkersleben

Number: 344

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:42

Speed: 9.88 km/h

Running performance: 6:04 min/km

Rank in course/Total: 120 (of 127)

Rank in course/Women: 18 (of 22)

Best time in course: 43:14

Rank in category: 2(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		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos Cat.	Behind Cat.	Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	9:04	5:25	3	2:33	20	2:33	1.67	9:04	5:25	3	2:33	20	2:33
Lap 2	2.35	13:58	5:56	3	3:16	18	3:51	4.02	23:02	5:43	3	5:49	19	6:00
Lap 3	2.35	14:28	6:09	2	3:09	18	4:08	6.37	37:30	5:53	2	8:58	18	10:08
Lap 4	2.35	14:25	6:08	2	2:52	17	4:11	8.72	51:55	5:57	2	11:50	18	14:19
Last lap Finish	1.28	8:47	6:51	2	2:36	20	3:09	10.00	1:00:42	6:04	2	14:26	18	17:28