



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Urban, Daniela

Club: Erfurt
Number: 80

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 17:04

Speed: 10.55 km/h
Running performance: 5:41 min/km

Rank in course/Total: 36 (of 62)
Rank in course/Women: 13 (of 25)
Best time in course: 12:10

Rank in category: 1(of 1)
Best time in the category: 17:04

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	1.72	9:15	5:22	1	-	12	2:25	1.72	9:15	5:22	1	-	12	2:25
Last lap Finish	1.28	7:49	6:06	1	-	14	3:02	3.00	17:04	5:41	1	-	13	4:54