



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Krause, Katharina

Club: Arnstadt

Number: 146

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 23:11

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 17 (of 58)

Rank in course/Women: 3 (of 19)

Best time in course: 21:13

Rank in category: 1(of 5)

Best time in the category: 23:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.38	6:03	4:23	1	-	3	0:46	1.38	6:03	4:23	1	-	3	0:46
Lap 2	2.34	10:56	4:40	1	-	3	0:46	3.72	16:59	4:33	1	-	3	1:32
Last lap Finish	1.28	6:12	4:50	1	-	3	0:26	5.00	23:11	4:38	1	-	3	1:58