



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Hedwig, Diana

Club: Kaulsdorf

Number: 136

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 25:24

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 25 (of 58)

Rank in course/Women: 5 (of 19)

Best time in course: 21:13

Rank in category: 2(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. | Stage score | | Total | | Total | | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 1.38 | 6:16 | 4:32 | 2 | 0:13 | 5 | 0:59 | 1.38 | 6:16 | 4:32 | 2 | 0:13 | 5 | 0:59 |
| Lap 2 | 2.34 | 12:15 | 5:14 | 2 | 1:19 | 5 | 2:05 | 3.72 | 18:31 | 4:58 | 2 | 1:32 | 5 | 3:04 |
| Last lap Finish | 1.28 | 6:53 | 5:22 | 3 | 0:41 | 6 | 1:07 | 5.00 | 25:24 | 5:04 | 2 | 2:13 | 5 | 4:11 |