



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	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	1.38	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