



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Zocher, Susanne

Club: Ilmenau

Number: 184

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 25:25

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 26 (of 58)

Rank in course/Women: 6 (of 19)

Best time in course: 21:13

Rank in category: 3(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	6:29	4:41	3	0:26	6	1:12	1.38	6:29	4:41	3	0:26	6	1:12
Lap 2	2.34	12:23	5:17	3	1:27	6	2:13	3.72	18:52	5:04	3	1:53	6	3:25
Last lap Finish	1.28	6:33	5:07	2	0:21	5	0:47	5.00	25:25	5:05	3	2:14	6	4:12