



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Günsch, Jaqueline

Club: Speedskating Arnstadt e.V.

Number: 8

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 20:38

Speed: 8.72 km/h

Running performance: 6:53 min/km

Rank in course/Total: 54 (of 62)

Rank in course/Women: 21 (of 25)

Best time in course: 12:10

Rank in category: 1(of 1)

Best time in the category: 20:38

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1.72	11:05	6:26	1	-	20	4:15	1.72	11:05	6:26	1	-	20	4:15
Last lap Finish	1.28	9:33	7:27	1	-	21	4:46	3.00	20:38	6:52	1	-	21	8:28