



# 25. Arnstädter Citylauf

Arnstadt / 25.04.2015

## Detailed evaluation

**Nique, Sarah**

Club: Arnstadt

Number: 26

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 22:04

Speed: 8.16 km/h

Running performance: 7:22 min/km

Rank in course/Total: 56 (of 62)

Rank in course/Women: 22 (of 25)

Best time in course: 12:10

Rank in category: 1(of 1)

Best time in the category: 22:04

### 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	11:48	6:51	1	-	22	4:58	1.72	11:48	6:51	1	-	22	4:58
Last lap Finish	1.28	10:16	8:01	1	-	22	5:29	3.00	22:04	7:21	1	-	22	9:54