



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.	Stage score		Total ranking						
						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