



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Wenzel, Sabine

Club: Lauftreff Plaue

Number: 170

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 27:49

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 32 (of 58)

Rank in course/Women: 7 (of 19)

Best time in course: 21:13

Rank in category: 1(of 2)

Best time in the category: 27:49

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.38	7:09	5:10	1	-	8	1:52	1.38	7:09	5:10	1	-	8	1:52
Lap 2	2.34	13:07	5:36	1	-	7	2:57	3.72	20:16	5:26	1	-	7	4:49
Last lap Finish	1.28	7:33	5:53	1	-	7	1:47	5.00	27:49	5:33	1	-	7	6:36