



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kriese-Hein, Manuela

Club: Katholische Laufjugend Arnstadt
Number: 147

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:05

Speed: 10.32 km/h
Running performance: 5:49 min/km

Rank in course/Total: 40 (of 58)

Rank in course/Women: 9 (of 19)

Best time in course: 21:13

Rank in category: 1(of 2)

Best time in the category: 29:05

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	1.38	7:27	5:23	1	-	11	2:10	1.38	7:27	5:23	1	-	11	2:10
Lap 2	2.34	13:54	5:56	1	-	8	3:44	3.72	21:21	5:44	1	-	10	5:54
Last lap Finish	1.28	7:44	6:02	1	-	9	1:58	5.00	29:05	5:48	1	-	9	7:52