



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Heinze, Juliane

Club: AC Apolda
Number: 217

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 41:13

Speed: 14.56 km/h
Running performance: 4:07 min/km

Rank in course/Total: 6 (of 84)
Rank in course/Women: 1 (of 23)
Best time in course: 41:13

Rank in category: 1(of 6)
Best time in the category: 41:13

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	1.67	6:32	3:54	1	-	1	-	1.67	6:32	3:54	1	-	1	-
Lap 2	2.35	9:36	4:05	1	-	1	-	4.02	16:08	4:00	1	-	1	-
Lap 3	2.35	9:54	4:12	1	-	1	-	6.37	26:02	4:05	1	-	1	-
Lap 4	2.35	9:49	4:10	1	-	1	-	8.72	35:51	4:06	1	-	1	-
Last lap Finish	1.28	5:22	4:11	2	0:02	2	0:02	10.00	41:13	4:07	1	-	1	-