



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Kühn, Fränze

Number: 250

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:29

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 78 (of 84)

Rank in course/Women: 19 (of 23)

Best time in course: 41:13

Rank in category: 1(of 2)

Best time in the category: 59:29

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	1.67	8:42	5:12	1	-	18	2:10	1.67	8:42	5:12	1	-	18	2:10
Lap 2	2.35	13:30	5:44	1	-	18	3:54	4.02	22:12	5:31	1	-	18	6:04
Lap 3	2.35	14:20	6:05	1	-	20	4:26	6.37	36:32	5:44	1	-	18	10:30
Lap 4	2.35	14:57	6:21	1	-	20	5:08	8.72	51:29	5:54	1	-	19	15:38
Last lap Finish	1.28	8:00	6:15	1	-	19	2:40	10.00	59:29	5:56	1	-	19	18:16