



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Fleischer, Juliane

Club: katholische Laufjugend Arnstadt
Number: 248

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 59:49

Speed: 10.03 km/h
Running performance: 5:59 min/km

Rank in course/Total: 80 (of 84)
Rank in course/Women: 20 (of 23)

Best time in course: 41:13
Rank in category: 3(of 3)
Best time in the category: 49:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	9:30	5:41	3	2:04	20	2:58	1.67	9:30	5:41	3	2:04	20	2:58
Lap 2	2.35	13:57	5:56	3	2:09	20	4:21	4.02	23:27	5:50	3	4:13	20	7:19
Lap 3	2.35	14:04	5:59	3	2:05	18	4:10	6.37	37:31	5:53	3	6:18	20	11:29
Lap 4	2.35	14:30	6:10	3	2:38	19	4:41	8.72	52:01	5:57	3	8:56	20	16:10
Last lap Finish	1.28	7:48	6:05	3	1:27	18	2:28	10.00	59:49	5:58	3	10:23	20	18:36