



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Schreyer, Annett

Club: Hochsprung mit Musik Arnstadt
Number: 42

Course: 3.00 km
McDonald`s 3-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 15:29

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 21 (of 39)

Rank in course/Women: 8 (of 18)

Best time in course: 12:45

Rank in category: 1(of 1)

Best time in the category: 15:29

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	1.72	8:45	5:05	1	-	8	1:40	1.72	8:45	5:05	1	-	8	1:40
Last lap Finish	1.28	6:44	5:15	1	-	8	1:04	3.00	15:29	5:09	1	-	8	2:44