



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Krause, Katharina

Club: N3 Engine Overhaul Services
Number: 122

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 23:12

Speed: 12.93 km/h
Running performance: 4:38 min/km

Rank in course/Total: 16 (of 56)
Rank in course/Women: 2 (of 20)
Best time in course: 22:21

Rank in category: 1(of 4)
Best time in the category: 23:12

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	6:24	4:38	1	-	2	0:25	1.38	6:24	4:38	1	-	2	0:25
Lap 2	2.34	10:56	4:40	1	-	2	0:20	3.72	17:20	4:39	1	-	2	0:45
Last lap Finish	1.28	5:52	4:34	1	-	2	0:06	5.00	23:12	4:38	1	-	2	0:51