



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Kaiser, Nicole

Club: Katholische Laufjugend Arnstadt
Number: 119

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 28:08

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 32 (of 56)
Rank in course/Women: 6 (of 20)
Best time in course: 22:21

Rank in category: 3(of 4)
Best time in the category: 23:12

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	1.38	7:25	5:22	4	1:01	9	1:26	1.38	7:25	5:22	4	1:01	9	1:26
Lap 2	2.34	13:49	5:54	4	2:53	8	3:13	3.72	21:14	5:42	4	3:54	7	4:39
Last lap Finish	1.28	6:54	5:23	3	1:02	4	1:08	5.00	28:08	5:37	3	4:56	6	5:47