



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Herda, Maria

Club: A-team Angelhausen

Number: 146

Course: 5.00 km

n3 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 28:49

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 35 (of 56)

Rank in course/Women: 8 (of 20)

Best time in course: 22:21

Rank in category: 4(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	7:24	5:21	3	1:00	8	1:25	1.38	7:24	5:21	3	1:00	8	1:25
Lap 2	2.34	13:46	5:52	3	2:50	6	3:10	3.72	21:10	5:41	3	3:50	6	4:35
Last lap Finish	1.28	7:39	5:58	4	1:47	13	1:53	5.00	28:49	5:45	4	5:37	8	6:28