



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Pögel, Ilka

Club: N3 Engine Overhaul Services
Number: 125

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 29:15

Speed: 10.26 km/h
Running performance: 5:51 min/km

Rank in course/Total: 39 (of 56)
Rank in course/Women: 12 (of 20)
Best time in course: 22:21

Rank in category: 1(of 1)
Best time in the category: 29:15

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	7:42	5:34	1	-	14	1:43	1.38	7:42	5:34	1	-	14	1:43
Lap 2	2.34	14:00	5:58	1	-	9	3:24	3.72	21:42	5:50	1	-	12	5:07
Last lap Finish	1.28	7:33	5:53	1	-	11	1:47	5.00	29:15	5:50	1	-	12	6:54