



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Heinze, Monika

Number: 161

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 29:34

Speed: 10.15 km/h

Running performance: 5:55 min/km

Rank in course/Total: 43 (of 56)

Rank in course/Women: 14 (of 20)

Best time in course: 22:21

Rank in category: 1(of 2)

Best time in the category: 29:34

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	7:47	5:38	1	-	16	1:48	1.38	7:47	5:38	1	-	16	1:48
Lap 2	2.34	14:15	6:05	1	-	13	3:39	3.72	22:02	5:55	1	-	15	5:27
Last lap Finish	1.28	7:32	5:53	1	-	10	1:46	5.00	29:34	5:54	1	-	14	7:13