



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Kriese, Manuela

Club: katholische Laufjugend Arnstadt
Number: 145

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 30:02

Speed: 9.99 km/h
Running performance: 6:01 min/km

Rank in course/Total: 47 (of 56)
Rank in course/Women: 17 (of 20)
Best time in course: 22:21

Rank in category: 1(of 1)
Best time in the category: 30:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	7:48	5:39	1	-	17	1:49	1.38	7:48	5:39	1	-	17	1:49	
Lap 2	2.34	14:17	6:06	1	-	15	3:41	3.72	22:05	5:56	1	-	17	5:30	
Last lap Finish	1.28	7:57	6:12	1	-	16	2:11	5.00	30:02	6:00	1	-	17	7:41	