



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Weber, Sigrid

Club: Lok Arnstadt
Number: 139

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 31:46

Speed: 9.44 km/h
Running performance: 6:21 min/km

Rank in course/Total: 49 (of 56)
Rank in course/Women: 18 (of 20)
Best time in course: 22:21

Rank in category: 2(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		Total		Total ranking		
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	8:00	5:47	2	0:13	18	2:01	1.38	8:00	5:47	2	0:13	18	2:01
Lap 2	2.34	15:18	6:32	2	1:03	18	4:42	3.72	23:18	6:15	2	1:16	18	6:43
Last lap Finish	1.28	8:28	6:36	2	0:56	18	2:42	5.00	31:46	6:21	2	2:12	18	9:25