



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Treflich, Andreas

Club: kesselbrunn Runners
Number: 152

Course: 5.00 km
n3 5-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 36:02

Speed: 8.33 km/h
Running performance: 7:13 min/km

Rank in course/Total: 52 (of 56)
Rank in course/Women: 20 (of 20)

Best time in course: 22:21

Rank in category: 2(of 2)
Best time in the category: 33:13

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	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	1.38	8:48	6:22	1	-	19	2:49	1.38	8:48	6:22	1	-	19	2:49	
Lap 2	2.34	17:52	7:38	2	2:22	20	7:16	3.72	26:40	7:10	2	2:15	20	10:05	
Last lap Finish	1.28	9:22	7:19	2	0:34	20	3:36	5.00	36:02	7:12	2	2:49	20	13:41	