



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Heinz, Katrin

Club: Arnstadt

Number: 233

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 59:12

Speed: 10.14 km/h

Running performance: 5:55 min/km

Rank in course/Total: 55 (of 62)

Rank in course/Women: 10 (of 17)

Best time in course: 45:15

Rank in category: 1(of 2)

Best time in the category: 59:12

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	1.67	9:29	5:40	2	0:51	16	2:19	1.67	9:29	5:40	2	0:51	16	2:19
Lap 2	2.35	14:02	5:58	2	0:07	13	3:21	4.02	23:31	5:50	2	0:58	14	5:40
Lap 3	2.35	14:01	5:57	1	-	10	3:17	6.37	37:32	5:53	2	0:32	11	8:56
Lap 4	2.35	14:06	6:00	1	-	10	3:36	8.72	51:38	5:55	1	-	10	12:15
Last lap Finish	1.28	7:34	5:54	1	-	10	1:42	10.00	59:12	5:55	1	-	10	13:57