



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Gastmann, Anja

Club: Arnstadt
Number: 234

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 59:12

Speed: 10.14 km/h
Running performance: 5:55 min/km

Rank in course/Total: 56 (of 62)

Rank in course/Women: 10 (of 17)

Best time in course: 45:15

Rank in category: 2(of 3)

Best time in the category: 54:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos	Behind	Total	Total	Total	Pos	Behind					
Lap 1	1.67	9:29	5:40	3	0:56	16	2:19	1.67	9:29	5:40	3	0:56	16	2:19			
Lap 2	2.35	14:03	5:58	2	1:19	14	3:22	4.02	23:32	5:51	2	2:15	15	5:41			
Lap 3	2.35	14:01	5:57	2	0:53	10	3:17	6.37	37:33	5:53	2	3:08	12	8:57			
Lap 4	2.35	14:06	6:00	2	0:54	10	3:36	8.72	51:39	5:55	2	4:02	11	12:16			
Last lap Finish	1.28	7:33	5:53	2	0:14	9	1:41	10.00	59:12	5:55	2	4:16	10	13:57			