



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Treflich, Andrea

Club: Kesselbrunn Runners
Number: 239

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:09

Speed: 9.81 km/h
Running performance: 6:07 min/km

Rank in course/Total: 59 (of 62)
Rank in course/Women: 14 (of 17)

Best time in course: 45:15
Rank in category: 4(of 5)
Best time in the category: 49:16

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	9:14	5:31	5	1:55	14	2:04	1.67	9:14	5:31	5	1:55	14	2:04
Lap 2	2.35	14:08	6:00	5	2:25	15	3:27	4.02	23:22	5:48	5	4:20	13	5:31
Lap 3	2.35	14:44	6:16	4	2:59	15	4:00	6.37	38:06	5:58	5	7:19	15	9:30
Lap 4	2.35	14:58	6:22	4	3:02	14	4:28	8.72	53:04	6:05	4	10:21	14	13:41
Last lap Finish	1.28	8:05	6:18	4	1:32	12	2:13	10.00	1:01:09	6:06	4	11:53	14	15:54