



27. Arnstädter Citylauf  
Arnstadt / 29.04.2017

Detailed evaluation

KRAUSE, Diana

Club: -

Number: 214

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:01:32

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 60 (of 62)

Rank in course/Women: 15 (of 17)

Best time in course: 45:15

Rank in category: 2(of 2)

Best time in the category: 45:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	1.67	9:24	5:37	2	2:00	15	2:14	1.67	9:24	5:37	2	2:00	15	2:14
Lap 2	2.35	14:09	6:01	2	3:10	16	3:28	4.02	23:33	5:51	2	5:10	16	5:42
Lap 3	2.35	14:37	6:13	2	3:53	14	3:53	6.37	38:10	5:59	2	9:03	16	9:34
Lap 4	2.35	15:06	6:25	2	4:36	15	4:36	8.72	53:16	6:06	2	13:39	16	13:53
Last lap Finish	1.28	8:16	6:27	2	2:10	14	2:24	10.00	1:01:32	6:09	2	15:49	15	16:17