



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Prade, Diana

Club: Leinatal

Number: 37

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 17:08

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 26 (of 34)

Rank in course/Women: 14 (of 16)

Best time in course: 14:07

Rank in category: 1(of 1)

Best time in the category: 17:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.72	9:34	5:33	1	-	15	1:41	1.72	9:34	5:33	1	-	15	1:41
Last lap Finish	1.28	7:34	5:54	1	-	14	1:20	3.00	17:08	5:42	1	-	14	3:01