



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

Wegener, Christa

Club: SC Impuls Erfurt

Number: 128

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W60 (60-64 Jahre)

Total time: 26:37

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 24 (of 40)

Rank in course/Women: 5 (of 14)

Best time in course: 22:27

Rank in category: 1(of 1)

Best time in the category: 26:37

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	1.38	7:01	5:05	1	-	7	1:10	1.38	7:01	5:05	1	-	7	1:10
Lap 2	2.34	12:34	5:22	1	-	5	1:44	3.72	19:35	5:15	1	-	5	2:54
Last lap Finish	1.28	7:02	5:29	1	-	5	1:16	5.00	26:37	5:19	1	-	5	4:10