



27. Arnstädter Citylauf

Arnstadt / 29.04.2017

Detailed evaluation

KEITEL, Franziska

Club: AKC Arnstadt

Number: 108

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 29:47

Speed: 10.07 km/h

Running performance: 5:58 min/km

Rank in course/Total: 31 (of 40)

Rank in course/Women: 10 (of 14)

Best time in course: 22:27

Rank in category: 2(of 3)

Best time in the category: 29:09

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	1.38	7:11	5:12	1	-	8	1:20	1.38	7:11	5:12	1	-	8	1:20
Lap 2	2.34	14:27	6:10	3	0:31	10	3:37	3.72	21:38	5:48	1	-	8	4:57
Last lap Finish	1.28	8:09	6:22	2	0:46	10	2:23	5.00	29:47	5:57	2	0:38	10	7:20