



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

SCHELLE, Mandy

Club: LSV Lok Arnstadt

Number: 13

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 17:17

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 33 (of 39)

Rank in course/Women: 19 (of 23)

Best time in course: 13:11

Rank in category: 1(of 1)

Best time in the category: 17:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1.72	9:16	5:23	1	-	18	1:48	1.72	9:16	5:23	1	-	18	1:48
Last lap Finish	1.28	8:01	6:15	1	-	21	2:18	3.00	17:17	5:45	1	-	19	4:06