



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KRAUSE, Katharina

Club: N3

Number: 116

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 26:08

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 20 (of 41)

Rank in course/Women: 3 (of 12)

Best time in course: 23:32

Rank in category: 1(of 3)

Best time in the category: 26:08

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	1.38	6:15	4:31	1	-	3	0:14	1.38	6:15	4:31	1	-	3	0:14
Lap 2	2.34	12:38	5:23	1	-	3	1:21	3.72	18:53	5:04	1	-	3	1:35
Last lap Finish	1.28	7:15	5:39	1	-	3	1:01	5.00	26:08	5:13	1	-	3	2:36