



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HECHT, Annemarie

Club: N3

Number: 110

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 30:31

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 35 (of 41)

Rank in course/Women: 9 (of 12)

Best time in course: 23:32

Rank in category: 3(of 3)

Best time in the category: 23:32

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	2	1:10	6	1:10	1.38	7:11	5:12	2	1:10	6	1:10
Lap 2	2.34	15:02	6:25	3	3:45	10	3:45	3.72	22:13	5:58	3	4:55	9	4:55
Last lap Finish	1.28	8:18	6:29	3	2:04	10	2:04	5.00	30:31	6:06	3	6:59	9	6:59