



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Büttner, Daniela

Club: N3 Sportverein

Number: 146

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 31:25

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 36 (of 41)

Rank in course/Women: 10 (of 12)

Best time in course: 23:32

Rank in category: 3(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. | 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 | 8:04 | 5:50 | 3 | 1:49 | 10 | 2:03 | 1.38 | 8:04 | 5:50 | 3 | 1:49 | 10 | 2:03 |
| Lap 2 | 2.34 | 14:52 | 6:21 | 3 | 2:14 | 9 | 3:35 | 3.72 | 22:56 | 6:09 | 3 | 4:03 | 10 | 5:38 |
| Last lap Finish | 1.28 | 8:29 | 6:37 | 3 | 1:14 | 11 | 2:15 | 5.00 | 31:25 | 6:16 | 3 | 5:17 | 10 | 7:53 |