



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