



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

WILHELM, Kathrin

Club: -

Number: 124

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 32:03

Speed: 9.36 km/h

Running performance: 6:25 min/km

Rank in course/Total: 37 (of 41)

Rank in course/Women: 11 (of 12)

Best time in course: 23:32

Rank in category: 1(of 2)

Best time in the category: 32:03

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	8:42	6:18	2	0:11	12	2:41	1.38	8:42	6:18	2	0:11	12	2:41
Lap 2	2.34	15:14	6:30	2	0:06	12	3:57	3.72	23:56	6:26	2	0:17	12	6:38
Last lap Finish	1.28	8:07	6:20	1	-	9	1:53	5.00	32:03	6:24	1	-	11	8:31