



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Müller, Tanya

Club: Arnstadt

Number: 126

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 32:10

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 38 (of 41)

Rank in course/Women: 12 (of 12)

Best time in course: 23:32

Rank in category: 2(of 2)

Best time in the category: 32:03

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	8:31	6:10	1	-	11	2:30	1.38	8:31	6:10	1	-	11	2:30
Lap 2	2.34	15:08	6:28	1	-	11	3:51	3.72	23:39	6:21	1	-	11	6:21
Last lap Finish	1.28	8:31	6:39	2	0:24	12	2:17	5.00	32:10	6:25	2	0:07	12	8:38