



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Lenz, Juana

Club: Klettbach

Number: 166

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 43:57

Speed: 6.83 km/h

Running performance: 8:47 min/km

Rank in course/Total: 52 (of 52)

Rank in course/Women: 18 (of 18)

Best time in course: 24:51

Rank in category: 2(of 2)

Best time in the category: 32:13

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	11:04	8:01	2	2:21	17	4:59	1.38	11:04	8:01	2	2:21	17	4:59
Lap 2	2.34	21:15	9:04	2	6:02	17	9:13	3.72	32:19	8:41	2	8:23	17	14:12
Last lap Finish	1.28	11:38	9:05	2	3:21	17	4:54	5.00	43:57	8:47	2	11:44	18	19:06