



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Beyer, Nicole

Club: SV Ictershausen

Number: 3

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 47:01

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 25 (of 72)

Rank in course/Women: 2 (of 15)

Best time in course: 43:03

Rank in category: 1(of 4)

Best time in the category: 47:01

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	1.67	7:11	4:18	2	0:01	3	0:16	1.67	7:11	4:18	2	0:01	3	0:16
Lap 2	2.35	11:05	4:42	2	0:01	3	0:50	4.02	18:16	4:32	2	0:02	3	1:06
Lap 3	2.35	11:08	4:44	1	-	2	0:56	6.37	29:24	4:36	1	-	2	2:02
Lap 4	2.35	11:18	4:48	1	-	2	1:06	8.72	40:42	4:40	1	-	2	3:08
Last lap Finish	1.28	6:19	4:56	1	-	2	0:50	10.00	47:01	4:42	1	-	2	3:58