



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Du Maire, Mandy

Club: Lohmühle Aktiv
Number: 58

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 48:32

Speed: 12.36 km/h
Running performance: 4:51 min/km

Rank in course/Total: 32 (of 72)

Rank in course/Women: 3 (of 15)

Best time in course: 43:03

Rank in category: 2(of 4)

Best time in the category: 47:01

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	1.67	7:10	4:17	1	-	2	0:15	1.67	7:10	4:17	1	-	2	0:15
Lap 2	2.35	11:04	4:42	1	-	2	0:49	4.02	18:14	4:32	1	-	2	1:04
Lap 3	2.35	11:28	4:52	2	0:20	3	1:16	6.37	29:42	4:39	2	0:18	3	2:20
Lap 4	2.35	12:03	5:07	2	0:45	3	1:51	8.72	41:45	4:47	2	1:03	3	4:11
Last lap Finish	1.28	6:47	5:17	2	0:28	3	1:18	10.00	48:32	4:51	2	1:31	3	5:29