



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Luther, Madlen

Club: Katholische Laufjugend

Number: 51

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 51:13

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 45 (of 72)

Rank in course/Women: 4 (of 15)

Best time in course: 43:03

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
						Pos Women	Behind Women	km	Time					
Lap 1	1.67	7:46	4:39	3	0:36	5	0:51	1.67	7:46	4:39	3	0:36	5	0:51
Lap 2	2.35	11:53	5:03	3	0:49	4	1:38	4.02	19:39	4:53	3	1:25	4	2:29
Lap 3	2.35	12:23	5:16	3	1:15	4	2:11	6.37	32:02	5:01	3	2:38	4	4:40
Lap 4	2.35	12:18	5:14	3	1:00	4	2:06	8.72	44:20	5:05	3	3:38	4	6:46
Last lap Finish	1.28	6:53	5:22	3	0:34	4	1:24	10.00	51:13	5:07	3	4:12	4	8:10