



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Freitag, Carolin

Club: Katholische Laufjugend Arnstadt
Number: 9

Course: 10.00 km
n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 55:02

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 52 (of 72)

Rank in course/Women: 5 (of 15)

Best time in course: 43:03

Rank in category: 1(of 2)

Best time in the category: 55:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	1.67	8:44	5:13	1	-	9	1:49	1.67	8:44	5:13	1	-	9	1:49
Lap 2	2.35	13:09	5:35	1	-	8	2:54	4.02	21:53	5:26	1	-	9	4:43
Lap 3	2.35	13:04	5:33	1	-	5	2:52	6.37	34:57	5:29	1	-	8	7:35
Lap 4	2.35	12:56	5:30	1	-	5	2:44	8.72	47:53	5:29	1	-	6	10:19
Last lap Finish	1.28	7:09	5:35	1	-	6	1:40	10.00	55:02	5:30	1	-	5	11:59