



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Gastmann, Anja

Club: Arnstadt

Number: 53

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 55:03

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 53 (of 72)

Rank in course/Women: 6 (of 15)

Best time in course: 43:03

Rank in category: 1(of 2)

Best time in the category: 55:03

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	8:31	5:05	2	0:11	7	1:36	1.67	8:31	5:05	2	0:11	7	1:36
Lap 2	2.35	12:57	5:30	1	-	5	2:42	4.02	21:28	5:20	2	0:03	7	4:18
Lap 3	2.35	13:09	5:35	2	0:01	8	2:57	6.37	34:37	5:26	2	0:04	7	7:15
Lap 4	2.35	13:21	5:40	2	0:06	7	3:09	8.72	47:58	5:30	2	0:10	8	10:24
Last lap Finish	1.28	7:05	5:32	1	-	5	1:36	10.00	55:03	5:30	1	-	6	12:00