



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Heinz, Katrin

Club: Arnstadt

Number: 54

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 55:06

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 55 (of 72)

Rank in course/Women: 8 (of 15)

Best time in course: 43:03

Rank in category: 4(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	8:31	5:05	4	1:21	7	1:36	1.67	8:31	5:05	4	1:21	7	1:36
Lap 2	2.35	12:57	5:30	4	1:53	5	2:42	4.02	21:28	5:20	4	3:14	7	4:18
Lap 3	2.35	13:07	5:34	4	1:59	6	2:55	6.37	34:35	5:25	4	5:11	6	7:13
Lap 4	2.35	13:21	5:40	4	2:03	7	3:09	8.72	47:56	5:29	4	7:14	7	10:22
Last lap Finish	1.28	7:10	5:35	4	0:51	7	1:41	10.00	55:06	5:30	4	8:05	8	12:03