



29. Arnstädter Citylauf
Arnstadt / 27.04.2019

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen
Number: 197

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 56:20

Speed: 10.65 km/h
Running performance: 5:38 min/km

Rank in course/Total: 56 (of 72)

Rank in course/Women: 9 (of 15)

Best time in course: 43:03

Rank in category: 1(of 1)

Best time in the category: 56:20

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 | 7:17 | 4:21 | 1 | - | 4 | 0:22 | 1.67 | 7:17 | 4:21 | 1 | - | 4 | 0:22 |
| Lap 2 | 2.35 | 13:45 | 5:51 | 1 | - | 9 | 3:30 | 4.02 | 21:02 | 5:13 | 1 | - | 5 | 3:52 |
| Lap 3 | 2.35 | fehlt! | - | - | - | - | - | 6.37 | - | - | - | - | - | - |
| Lap 4 | 2.35 | fehlt! | - | - | - | - | - | 8.72 | - | - | - | - | - | - |
| Last lap Finish | 1.28 | 35:18 | 27:34 | 1 | - | 15 | 29:49 | 10.00 | 56:20 | 5:38 | 1 | - | 9 | 13:17 |