



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