



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hecht, Annemarie

Club: N3 Sportverein e.V.

Number: 16

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 58:50

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 60 (of 72)

Rank in course/Women: 10 (of 15)

Best time in course: 43:03

Rank in category: 2(of 2)

Best time in the category: 43:03

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	9:01	5:23	2	2:06	10	2:06	1.67	9:01	5:23	2	2:06	10	2:06
Lap 2	2.35	14:14	6:03	2	3:59	10	3:59	4.02	23:15	5:47	2	6:05	10	6:05
Lap 3	2.35	14:10	6:01	2	3:58	9	3:58	6.37	37:25	5:52	2	10:03	9	10:03
Lap 4	2.35	14:00	5:57	2	3:48	9	3:48	8.72	51:25	5:53	2	13:51	9	13:51
Last lap Finish	1.28	7:25	5:47	2	1:56	9	1:56	10.00	58:50	5:53	2	15:47	10	15:47