



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Hackert, Mandy**

Club: Wipfratal

Number: 59

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:26

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 62 (of 72)

Rank in course/Women: 11 (of 15)

Best time in course: 43:03

Rank in category: 1(of 4)

Best time in the category: 1:01:26

### 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	9:20	5:35	1	-	11	2:25	1.67	9:20	5:35	1	-	11	2:25
Lap 2	2.35	14:24	6:07	1	-	11	4:09	4.02	23:44	5:54	1	-	11	6:34
Lap 3	2.35	14:29	6:09	1	-	10	4:17	6.37	38:13	5:59	1	-	10	10:51
Lap 4	2.35	14:53	6:19	2	0:12	12	4:41	8.72	53:06	6:05	1	-	10	15:32
Last lap Finish	1.28	8:20	6:30	2	0:18	12	2:51	10.00	1:01:26	6:08	1	-	11	18:23