



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Jung, Diana

Club: Alkersleben

Number: 64

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:47

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 64 (of 72)

Rank in course/Women: 12 (of 15)

Best time in course: 43:03

Rank in category: 2(of 4)

Best time in the category: 1:01:26

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	9:53	5:55	4	0:33	15	2:58	1.67	9:53	5:55	4	0:33	15	2:58
Lap 2	2.35	14:33	6:11	2	0:09	12	4:18	4.02	24:26	6:04	2	0:42	12	7:16
Lap 3	2.35	14:38	6:13	2	0:09	11	4:26	6.37	39:04	6:07	2	0:51	11	11:42
Lap 4	2.35	14:41	6:14	1	-	11	4:29	8.72	53:45	6:09	2	0:39	11	16:11
Last lap Finish	1.28	8:02	6:16	1	-	11	2:33	10.00	1:01:47	6:10	2	0:21	12	18:44