



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Hoppe, Janine

Club: Arnstadt

Number: 19

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:05

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 67 (of 72)

Rank in course/Women: 13 (of 15)

Best time in course: 43:03

Rank in category: 2(of 2)

Best time in the category: 55:02

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	9:36	5:44	2	0:52	12	2:41	1.67	9:36	5:44	2	0:52	12	2:41
Lap 2	2.35	15:15	6:29	2	2:06	13	5:00	4.02	24:51	6:10	2	2:58	13	7:41
Lap 3	2.35	15:02	6:23	2	1:58	12	4:50	6.37	39:53	6:15	2	4:56	12	12:31
Lap 4	2.35	14:36	6:12	2	1:40	10	4:24	8.72	54:29	6:14	2	6:36	12	16:55
Last lap Finish	1.28	7:36	5:56	2	0:27	10	2:07	10.00	1:02:05	6:12	2	7:03	13	19:02