



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Baus, Nina

Club: Arnstadt

Number: 63

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:46

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 68 (of 72)

Rank in course/Women: 14 (of 15)

Best time in course: 43:03

Rank in category: 3(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	9:50	5:53	2	0:30	13	2:55	1.67	9:50	5:53	2	0:30	13	2:55
Lap 2	2.35	15:18	6:30	3	0:54	14	5:03	4.02	25:08	6:15	3	1:24	14	7:58
Lap 3	2.35	15:34	6:37	3	1:05	13	5:22	6.37	40:42	6:23	3	2:29	13	13:20
Lap 4	2.35	16:03	6:49	3	1:22	13	5:51	8.72	56:45	6:30	3	3:39	13	19:11
Last lap Finish	1.28	9:01	7:02	3	0:59	13	3:32	10.00	1:05:46	6:34	3	4:20	14	22:43