



29. Arnstädter Citylauf
 Arnstadt / 27.04.2019

Detailed evaluation

Stieler, Stefanie

Club: Arnstadt
 Number: 332

Course: 3.00 km
 McDonald`s 3-km-Lauf

Category:
 Seniorinnen W30 (30-34 Jahre)

Total time: 19:29

Speed: 9.24 km/h
 Running performance: 6:29 min/km

Rank in course/Total: 38 (of 45)
 Rank in course/Women: 17 (of 23)

Best time in course: 13:03
 Rank in category: 1(of 3)
 Best time in the category: 19:29

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	1.72	10:54	6:20	1	-	19	3:47	1.72	10:54	6:20	1	-	19	3:47
Last lap Finish	1.28	8:35	6:42	1	-	17	2:39	3.00	19:29	6:29	1	-	17	6:26