



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 | 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 | 1.72 | 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 |