



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Schmidt, Kati

Club: Arnstadt

Number: 328

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 19:30

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 39 (of 45)

Rank in course/Women: 18 (of 23)

Best time in course: 13:03

Rank in category: 2(of 3)

Best time in the category: 19:29

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	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	8:36	6:43	2	0:01	18	2:40	3.00	19:30	6:30	2	0:01	18	6:27