



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Schreyer, Annett

Club: Gotha
Number: 207

Course: 5.00 km
Die Schwenninger Krankenkasse 5-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 25:29

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 20 (of 52)

Rank in course/Women: 2 (of 18)

Best time in course: 24:51

Rank in category: 1(of 3)

Best time in the category: 25:29

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	1.38	6:19	4:34	1	-	2	0:14	1.38	6:19	4:34	1	-	2	0:14
Lap 2	2.34	12:13	5:13	1	-	2	0:11	3.72	18:32	4:58	1	-	2	0:25
Last lap Finish	1.28	6:57	5:25	1	-	2	0:13	5.00	25:29	5:05	1	-	2	0:38