



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Willing, Jana

Club: VfB Torpedo Ichtershausen

Number: 334

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 20:07

Speed: 8.95 km/h

Running performance: 6:43 min/km

Rank in course/Total: 42 (of 45)

Rank in course/Women: 20 (of 23)

Best time in course: 13:03

Rank in category: 1(of 2)

Best time in the category: 20:07

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	10:48	6:16	1	-	18	3:41	1.72	10:48	6:16	1	-	18	3:41
Last lap Finish	1.28	9:19	7:16	2	0:07	21	3:23	3.00	20:07	6:42	1	-	20	7:04