



29. Arnstädter Citylauf
Arnstadt / 27.04.2019

Detailed evaluation

Zelder, Katharina

Club: Physiotherapie Praxis Schmidt
Number: 336

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

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 21:08

Speed: 8.52 km/h
Running performance: 7:02 min/km

Rank in course/Total: 44 (of 45)

Rank in course/Women: 22 (of 23)

Best time in course: 13:03

Rank in category: 2(of 2)

Best time in the category: 20:07

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	11:56	6:56	2	1:08	22	4:49	1.72	11:56	6:56	2	1:08	22	4:49
Last lap Finish	1.28	9:12	7:11	1	-	19	3:16	3.00	21:08	7:02	2	1:01	22	8:05