



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Raabe, Loret

Club: ThSV 1886 Geschwenda

Number: 171

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 26:38

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 28 (of 52)

Rank in course/Women: 3 (of 18)

Best time in course: 24:51

Rank in category: 1(of 1)

Best time in the category: 26:38

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	6:49	4:56	1	-	3	0:44	1.38	6:49	4:56	1	-	3	0:44
Lap 2	2.34	12:42	5:25	1	-	4	0:40	3.72	19:31	5:14	1	-	4	1:24
Last lap Finish	1.28	7:07	5:33	1	-	3	0:23	5.00	26:38	5:19	1	-	3	1:47