



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Luthardt, Eva

Club: Physiotherapie Praxis Schmidt
Number: 168

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 27:26

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 32 (of 52)

Rank in course/Women: 5 (of 18)

Best time in course: 24:51

Rank in category: 1(of 2)

Best time in the category: 27:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.38	7:00	5:04	1	-	6	0:55	1.38	7:00	5:04	1	-	6	0:55
Lap 2	2.34	13:03	5:34	1	-	5	1:01	3.72	20:03	5:23	1	-	5	1:56
Last lap Finish	1.28	7:23	5:46	1	-	4	0:39	5.00	27:26	5:29	1	-	5	2:35