



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Pohlan, Stefanie

Club: Arnstadt

Number: 322

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 22:34

Speed: 7.98 km/h

Running performance: 7:31 min/km

Rank in course/Total: 45 (of 45)

Rank in course/Women: 23 (of 23)

Best time in course: 13:03

Rank in category: 3(of 3)

Best time in the category: 19:29

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	12:05	7:01	3	1:11	23	4:58	1.72	12:05	7:01	3	1:11	23	4:58
Last lap Finish	1.28	10:29	8:11	3	1:54	23	4:33	3.00	22:34	7:31	3	3:05	23	9:31