



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Spaleck, Doreen

Club: VfB Torpedo Ichtershausen

Number: 179

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 29:58

Speed: 10.01 km/h

Running performance: 5:59 min/km

Rank in course/Total: 38 (of 52)

Rank in course/Women: 10 (of 18)

Best time in course: 24:51

Rank in category: 2(of 3)

Best time in the category: 25:29

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	7:00	5:04	2	0:41	6	0:55	1.38	7:00	5:04	2	0:41	6	0:55
Lap 2	2.34	14:43	6:17	2	2:30	10	2:41	3.72	21:43	5:50	2	3:11	7	3:36
Last lap Finish	1.28	8:15	6:26	2	1:18	12	1:31	5.00	29:58	5:59	2	4:29	10	5:07