



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Fritzsche, Kathrin

Club: Arnstadt

Number: 188

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 31:32

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 44 (of 52)

Rank in course/Women: 12 (of 18)

Best time in course: 24:51

Rank in category: 2(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.	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	8:06	5:52	2	1:06	13	2:01	1.38	8:06	5:52	2	1:06	13	2:01
Lap 2	2.34	15:35	6:39	2	2:32	15	3:33	3.72	23:41	6:21	2	3:38	14	5:34
Last lap Finish	1.28	7:51	6:07	2	0:28	8	1:07	5.00	31:32	6:18	2	4:06	12	6:41