



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Müller, Tanja**

Club: Arnstadt

Number: 169

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 32:13

Speed: 9.31 km/h

Running performance: 6:26 min/km

Rank in course/Total: 48 (of 52)

Rank in course/Women: 16 (of 18)

Best time in course: 24:51

Rank in category: 1(of 2)

Best time in the category: 32:13

### 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		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	8:43	6:18	1	-	16	2:38	1.38	8:43	6:18	1	-	16	2:38
Lap 2	2.34	15:13	6:30	1	-	12	3:11	3.72	23:56	6:26	1	-	15	5:49
Last lap Finish	1.28	8:17	6:28	1	-	14	1:33	5.00	32:13	6:26	1	-	16	7:22