



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Lämmerzahl, Heike

Club: Arnstadt

Number: 196

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 32:35

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 49 (of 52)

Rank in course/Women: 17 (of 18)

Best time in course: 24:51

Rank in category: 3(of 3)

Best time in the category: 25:29

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total | | Total | | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|-------|--------|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Women | Behind Women | km | Time | min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Lap 1 | 1.38 | 8:36 | 6:13 | 3 | 2:17 | 15 | 2:31 | 1.38 | 8:36 | 6:13 | 3 | 2:17 | 15 | 2:31 |
| Lap 2 | 2.34 | 15:29 | 6:37 | 3 | 3:16 | 14 | 3:27 | 3.72 | 24:05 | 6:28 | 3 | 5:33 | 16 | 5:58 |
| Last lap Finish | 1.28 | 8:30 | 6:38 | 3 | 1:33 | 16 | 1:46 | 5.00 | 32:35 | 6:31 | 3 | 7:06 | 17 | 7:44 |