



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Gießler, Nancy**

Club: Arnstadt

Number: 310

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W30

Total time: 1:01:09

Speed: 9.81 km/h

Running performance: 6:07 min/km

Rank in course/Total: 142 (of 153)

Rank in course/Women: 21 (of 24)

Best time in course: 42:26

Rank in category: 4(of 5)

Best time in the category: 53:01

### 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	1.29	13:22	10:21	5	7:14	24	8:49	1.29	13:22	10:21	1	-	13	6:57
Lap 2	2,075.00	11:25	0:00	4	0:40	20	5:25	2,076.29	24:47	0:00	1	-	13	7:24
Lap 3	2,075.00	11:39	0:00	4	0:27	19	2:03	4,151.29	36:26	0:00	1	-	13	7:51
Lap 4	2,075.00	11:09	0:00	2	0:09	10	3:09	6,226.29	47:35	0:00	1	-	13	8:00
Lap 5	2,075.00	11:20	0:00	4	10:02	14	10:02	8,301.29	58:55	0:00	1	-	13	8:11
Last lap Finish	411.00	2:14	0:00	3	1:14	12	1:14	10.00	1:01:09	6:06	5	19:14	22	19:14