



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>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           |