



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Baudisch, Katharina

Club: Katholische Laufjugend Arnstadt
Number: 421

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W45

Total time: 46:46

Speed: 12.83 km/h
Running performance: 4:41 min/km

Rank in course/Total: 84 (of 153)

Rank in course/Women: 3 (of 24)

Best time in course: 42:26

Rank in category: 1(of 4)

Best time in the category: 46:46

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		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	5:42	4:25	1	-	4	1:09	1.29	5:42	4:25	1	-	19				
Lap 2	2,075.00	9:30	0:00	1	-	4	3:30	2,076.29	15:12	0:00	1	-	19				
Lap 3	2,075.00	9:45	0:00	1	-	3	0:09	4,151.29	24:57	0:00	1	-	19				
Lap 4	2,075.00	9:54	0:00	1	-	3	1:54	6,226.29	34:51	0:00	1	-	19				
Lap 5	2,075.00	9:46	0:00	1	-	4	8:28	8,301.29	44:37	0:00	1	-	19				
Last lap Finish	411.00	2:09	0:00	2	0:08	9	1:09	10.00	46:46	4:40	1	-	4	4:51			