



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Eckoldt, Petra

Club: SG Motor Arnstadt

Number: 440

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W45

Total time: 47:26

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 90 (of 153)

Rank in course/Women: 5 (of 24)

Best time in course: 42:26

Rank in category: 2(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	5:55	4:35	2	0:13	5	1:22	1.29	5:55	4:35	2	0:13	18				
Lap 2	2,075.00	9:52	0:00	2	0:22	6	3:52	2,076.29	15:47	0:00	2	0:35	18				
Lap 3	2,075.00	9:53	0:00	2	0:08	4	0:17	4,151.29	25:40	0:00	2	0:43	18				
Lap 4	2,075.00	9:59	0:00	2	0:05	4	1:59	6,226.29	35:39	0:00	2	0:48	18				
Lap 5	2,075.00	9:46	0:00	1	-	4	8:28	8,301.29	45:25	0:00	2	0:48	18				
Last lap Finish	411.00	2:01	0:00	1	-	5	1:01	10.00	47:26	4:44	2	0:40	6	5:31			