



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Büchner, Anette

Club: TSV Germania 1887 Neustadt e.V.
Number: 396

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W45

Total time: 50:25

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 111 (of 153)

Rank in course/Women: 8 (of 24)

Best time in course: 42:26

Rank in category: 3(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.	Stage score		Total ranking					
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women
Lap 1	1.29	6:08	4:45	3	0:26	9	1:35	1.29	6:08	4:45	3	0:26	17
Lap 2	2,075.00	10:16	0:00	3	0:46	8	4:16	2,076.29	16:24	0:00	3	1:12	17
Lap 3	2,075.00	10:22	0:00	3	0:37	7	0:46	4,151.29	26:46	0:00	3	1:49	17
Lap 4	2,075.00	10:31	0:00	3	0:37	6	2:31	6,226.29	37:17	0:00	3	2:26	17
Lap 5	2,075.00	10:50	0:00	3	1:04	9	9:32	8,301.29	48:07	0:00	3	3:30	17
Last lap Finish	411.00	2:18	0:00	3	0:17	18	1:18	10.00	50:25	5:02	3	3:39	9 8:30