



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Stüber, Christiane

Club: Arnstadt

Number: 404

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W35

Total time: 50:22

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 110 (of 153)

Rank in course/Women: 7 (of 24)

Best time in course: 42:26

Rank in category: 1(of 2)

Best time in the category: 50:22

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	5:58	4:37	1	-	6	1:25	1.29	5:58	4:37	1	-	16				
Lap 2	2,075.00	10:11	0:00	1	-	7	4:11	2,076.29	16:09	0:00	1	-	16				
Lap 3	2,075.00	10:32	0:00	1	-	8	0:56	4,151.29	26:41	0:00	1	-	16				
Lap 4	2,075.00	10:49	0:00	1	-	8	2:49	6,226.29	37:30	0:00	1	-	16				
Lap 5	2,075.00	10:45	0:00	1	-	8	9:27	8,301.29	48:15	0:00	1	-	16				
Last lap Finish	411.00	2:07	0:00	1	-	8	1:07	10.00	50:22	5:02	1	-	8	8:27			