



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 | | | |