



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Daugstrup, Tina

Club: Jena

Number: 453

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W20

Total time: 52:46

Speed: 11.37 km/h

Running performance: 5:17 min/km

Rank in course/Total: 122 (of 153)

Rank in course/Women: 9 (of 24)

Best time in course: 42:26

Rank in category: 2(of 8)

Best time in the category: 42:26

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	Behind Women	
Lap 1	1.29	6:19	4:53	3	1:46	12	1:46	1.29	6:19	4:53	1	-	12		
Lap 2	2,075.00	10:41	0:00	2	4:41	9	4:41	2,076.29	17:00	0:00	1	-	15		
Lap 3	2,075.00	10:49	0:00	2	0:49	9	1:13	4,151.29	27:49	0:00	1	-	15		
Lap 4	2,075.00	11:12	0:00	2	3:12	11	3:12	6,226.29	39:01	0:00	1	-	15		
Lap 5	2,075.00	11:28	0:00	5	6:28	17	10:10	8,301.29	50:29	0:00	1	-	15		
Last lap Finish	411.00	2:17	0:00	4	0:19	14	1:17	10.00	52:46	5:16	2	10:20	10	10:51	