



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Becker, Ines

Club: Arnstadt

Number: 407

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W40

Total time: 52:54

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 123 (of 153)

Rank in course/Women: 10 (of 24)

Best time in course: 42:26

Rank in category: 1(of 1)

Best time in the category: 52:54

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	6:18	4:53	1	-	11	1:45	1.29	6:18	4:53	1	-	14				
Lap 2	2,075.00	10:48	0:00	1	-	11	4:48	2,076.29	17:06	0:00	1	-	14				
Lap 3	2,075.00	11:07	0:00	1	-	10	1:31	4,151.29	28:13	0:00	1	-	14				
Lap 4	2,075.00	11:19	0:00	1	-	13	3:19	6,226.29	39:32	0:00	1	-	14				
Lap 5	2,075.00	11:24	0:00	1	-	16	10:06	8,301.29	50:56	0:00	1	-	14				0:12
Last lap Finish	411.00	1:58	0:00	1	-	3	0:58	10.00	52:54	5:17	1	-	11				10:59