



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Herwig, Claudia

Club: Sportverein Rhön-Rennsteig-Sparkasse
Number: 433

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W30

Total time: 53:01

Speed: 11.32 km/h
Running performance: 5:18 min/km

Rank in course/Total: 124 (of 153)

Rank in course/Women: 11 (of 24)

Best time in course: 42:26

Rank in category: 1(of 5)

Best time in the category: 53:01

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	6:25	4:58	2	0:17	15	1:52	1.29	6:25	4:58	3		1	-
Lap 2	2,075.00	10:58	0:00	2	0:13	12	4:58	2,076.29	17:23	0:00	3		1	-
Lap 3	2,075.00	11:12	0:00	1	-	11	1:36	4,151.29	28:35	0:00	3		1	-
Lap 4	2,075.00	11:00	0:00	1	-	9	3:00	6,226.29	39:35	0:00	3		1	-
Lap 5	2,075.00	11:09	0:00	2	9:51	11	9:51	8,301.29	50:44	0:00	3		1	-
Last lap Finish	411.00	2:17	0:00	4	1:17	14	1:17	10.00	53:01	5:18	2	11:06	12	11:06