



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Graf, Mareike

Club: LSV Lok Arnstadt

Number: 391

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W20

Total time: 53:42

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 128 (of 153)

Rank in course/Women: 12 (of 24)

Best time in course: 42:26

Rank in category: 3(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.	Pos Women	Behind Women	Total		Total		Total		Total	
								km	Time	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	11:07	0:00	4	5:07	15	5:07	2,076.29	17:26	0:00	2	0:26	12	0:03	
Lap 3	2,075.00	11:27	0:00	5	1:27	16	1:51	4,151.29	28:53	0:00	2	1:04	12	0:18	
Lap 4	2,075.00	11:35	0:00	5	3:35	16	3:35	6,226.29	40:28	0:00	2	1:27	10	0:53	
Lap 5	2,075.00	11:16	0:00	3	6:16	12	9:58	8,301.29	51:44	0:00	2	1:15	8	1:00	
Last lap Finish	411.00	1:58	0:00	1	-	3	0:58	10.00	53:42	5:22	3	11:16	13	11:47	