



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Kettritz, Stefanie

Club: Katholische Laufjugend Arnstadt
Number: 464

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W30

Total time: 54:14

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 131 (of 153)

Rank in course/Women: 14 (of 24)

Best time in course: 42:26

Rank in category: 2(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.	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	6:31	5:03	3	0:23	16	1:58	1.29	6:31	5:03	4		11	0:06
Lap 2	2,075.00	11:08	0:00	3	0:23	16	5:08	2,076.29	17:39	0:00	4		10	0:16
Lap 3	2,075.00	11:29	0:00	3	0:17	17	1:53	4,151.29	29:08	0:00	4		11	0:33
Lap 4	2,075.00	11:37	0:00	4	0:37	17	3:37	6,226.29	40:45	0:00	4		11	1:10
Lap 5	2,075.00	11:16	0:00	3	9:58	12	9:58	8,301.29	52:01	0:00	4		11	1:17
Last lap Finish	411.00	2:13	0:00	2	1:13	11	1:13	10.00	54:14	5:25	3	12:19	15	12:19