



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Hiller, Nadine

Club: Nofretete e. V.

Number: 441

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W20

Total time: 54:51

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 132 (of 153)

Rank in course/Women: 15 (of 24)

Best time in course: 42:26

Rank in category: 5(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	6:39	5:09	6	2:06	18	2:06	1.29	6:39	5:09	3	0:20	10	0:14
Lap 2	2,075.00	11:00	0:00	3	5:00	14	5:00	2,076.29	17:39	0:00	3	0:39	10	0:16
Lap 3	2,075.00	11:15	0:00	3	1:15	13	1:39	4,151.29	28:54	0:00	3	1:05	10	0:19
Lap 4	2,075.00	11:34	0:00	4	3:34	15	3:34	6,226.29	40:28	0:00	2	1:27	10	0:53
Lap 5	2,075.00	11:58	0:00	6	6:58	20	10:40	8,301.29	52:26	0:00	3	1:57	10	1:42
Last lap Finish	411.00	2:25	0:00	6	0:27	21	1:25	10.00	54:51	5:29	5	12:25	16	12:56