



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Raab, Katrin

Club: LSV Lok Arnstadt

Number: 357

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W20

Total time: 55:01

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 133 (of 153)

Rank in course/Women: 16 (of 24)

Best time in course: 42:26

Rank in category: 6(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		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	6:20	4:54	5	1:47	14	1:47	1.29	6:20	4:54	4	0:01	9				
Lap 2	2,075.00	11:15	0:00	5	5:15	17	5:15	2,076.29	17:35	0:00	4	0:35	9	0:12			
Lap 3	2,075.00	11:38	0:00	6	1:38	18	2:02	4,151.29	29:13	0:00	4	1:24	9	0:38			
Lap 4	2,075.00	12:12	0:00	7	4:12	22	4:12	6,226.29	41:25	0:00	4	2:24	9	1:50			
Lap 5	2,075.00	11:20	0:00	4	6:20	14	10:02	8,301.29	52:45	0:00	4	2:16	9	2:01			
Last lap Finish	411.00	2:16	0:00	3	0:18	13	1:16	10.00	55:01	5:30	6	12:35	17	13:06			