



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Oschmann, Uta

Club: Arnstadt

Number: 393

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W20

Total time: 53:46

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 129 (of 153)

Rank in course/Women: 13 (of 24)

Best time in course: 42:26

Rank in category: 4(of 8)

Best time in the category: 42:26

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos Cat.	Behind Cat.	Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	6:44	5:13	7	2:11	19	2:11	1.29	6:44	5:13	5	0:25	8	0:19
Lap 2	2,075.00	11:24	0:00	6	5:24	19	5:24	2,076.29	18:08	0:00	5	1:08	8	0:45
Lap 3	2,075.00	11:19	0:00	4	1:19	14	1:43	4,151.29	29:27	0:00	5	1:38	8	0:52
Lap 4	2,075.00	11:17	0:00	3	3:17	12	3:17	6,226.29	40:44	0:00	5	1:43	8	1:09
Lap 5	2,075.00	11:00	0:00	2	6:00	10	9:42	8,301.29	51:44	0:00	2	1:15	8	1:00
Last lap Finish	411.00	2:02	0:00	2	0:04	6	1:02	10.00	53:46	5:22	4	11:20	14	11:51