



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Beyer, Nicole

Club: Sülzenbrücken

Number: 395

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W35

Total time: 55:38

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 136 (of 153)

Rank in course/Women: 18 (of 24)

Best time in course: 42:26

Rank in category: 2(of 2)

Best time in the category: 50:22

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	1.29	6:45	5:13	2	0:47	20	2:12	1.29	6:45	5:13	2	0:47	7	0:20
Lap 2	2,075.00	11:15	0:00	2	1:04	17	5:15	2,076.29	18:00	0:00	2	1:51	7	0:37
Lap 3	2,075.00	11:46	0:00	2	1:14	20	2:10	4,151.29	29:46	0:00	2	3:05	7	1:11
Lap 4	2,075.00	11:48	0:00	2	0:59	18	3:48	6,226.29	41:34	0:00	2	4:04	7	1:59
Lap 5	2,075.00	11:41	0:00	2	0:56	18	10:23	8,301.29	53:15	0:00	2	5:00	7	2:31
Last lap Finish	411.00	2:23	0:00	2	0:16	19	1:23	10.00	55:38	5:33	2	5:16	19	13:43