



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Will, Jasmin

Club: WSSV Suhl
Number: 450

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W20

Total time: 55:59

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 137 (of 153)

Rank in course/Women: 19 (of 24)

Best time in course: 42:26

Rank in category: 7(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.	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	6:07	4:44	2	1:34	8	1:34	1.29	6:07	4:44	6		6	
Lap 2	2,075.00	11:31	0:00	7	5:31	21	5:31	2,076.29	17:38	0:00	6	0:38	6	0:15
Lap 3	2,075.00	11:50	0:00	7	1:50	21	2:14	4,151.29	29:28	0:00	6	1:39	6	0:53
Lap 4	2,075.00	12:02	0:00	6	4:02	20	4:02	6,226.29	41:30	0:00	6	2:29	6	1:55
Lap 5	2,075.00	12:12	0:00	7	7:12	22	10:54	8,301.29	53:42	0:00	6	3:13	6	2:58
Last lap Finish	411.00	2:17	0:00	4	0:19	14	1:17	10.00	55:59	5:35	7	13:33	20	14:04