



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Tischler, Peggy

Club: Rennsteiglaufverein LG Bärenfang

Number: 445

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W30

Total time: 58:19

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 140 (of 153)

Rank in course/Women: 20 (of 24)

Best time in course: 42:26

Rank in category: 3(of 5)

Best time in the category: 53:01

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	7:37	5:54	4	1:29	22	3:04	1.29	7:37	5:54	5		5	1:12
Lap 2	2,075.00	12:11	0:00	5	1:26	23	6:11	2,076.29	19:48	0:00	5		5	2:25
Lap 3	2,075.00	12:05	0:00	5	0:53	22	2:29	4,151.29	31:53	0:00	5		5	3:18
Lap 4	2,075.00	12:03	0:00	5	1:03	21	4:03	6,226.29	43:56	0:00	5		5	4:21
Lap 5	2,075.00	12:06	0:00	5	10:48	21	10:48	8,301.29	56:02	0:00	5		5	5:18
Last lap Finish	411.00	2:17	0:00	4	1:17	14	1:17	10.00	58:19	5:49	4	16:24	21	16:24