



# 21. Arnstädter Citylauf

Arnstadt / 30.04.2011

## Detailed evaluation

**Pfaff, Liane**

Club: Saalfelder LV

Number: 427

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W45

Total time: 1:01:20

Speed: 9.78 km/h

Running performance: 6:08 min/km

Rank in course/Total: 143 (of 153)

Rank in course/Women: 22 (of 24)

Best time in course: 42:26

Rank in category: 4(of 4)

Best time in the category: 46:46

### 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	7:20	5:41	4	1:38	21	2:47	1.29	7:20	5:41	4	1:38	4	0:55
Lap 2	2,075.00	12:05	0:00	4	2:35	22	6:05	2,076.29	19:25	0:00	4	4:13	4	2:02
Lap 3	2,075.00	12:41	0:00	4	2:56	23	3:05	4,151.29	32:06	0:00	4	7:09	4	3:31
Lap 4	2,075.00	13:02	0:00	4	3:08	23	5:02	6,226.29	45:08	0:00	4	10:17	4	5:33
Lap 5	2,075.00	13:13	0:00	4	3:27	23	11:55	8,301.29	58:21	0:00	4	13:44	4	7:37
Last lap Finish	411.00	2:59	0:00	4	0:58	23	1:59	10.00	1:01:20	6:08	4	14:34	23	19:25