



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Müller, Carolin

Club: Katholische Laufjugend Arnstadt
Number: 392

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W20

Total time: 1:06:13

Speed: 9.06 km/h
Running performance: 6:37 min/km

Rank in course/Total: 148 (of 153)

Rank in course/Women: 23 (of 24)

Best time in course: 42:26

Rank in category: 8(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						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	8:30	6:35	8	3:57	23	3:57	1.29	8:30	6:35	7	2:11	3	2:05
Lap 2	2,075.00	13:52	0:00	8	7:52	24	7:52	2,076.29	22:22	0:00	7	5:22	3	4:59
Lap 3	2,075.00	13:10	0:00	8	3:10	24	3:34	4,151.29	35:32	0:00	7	7:43	3	6:57
Lap 4	2,075.00	13:37	0:00	8	5:37	24	5:37	6,226.29	49:09	0:00	7	10:08	3	9:34
Lap 5	2,075.00	14:28	0:00	8	9:28	24	13:10	8,301.29	1:03:37	0:00	7	13:08	3	12:53
Last lap Finish	411.00	2:36	0:00	7	0:38	22	1:36	10.00	1:06:13	6:37	8	23:47	24	24:18