



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Raab, Marina

Club: LSV Lok Arnstadt

Number: 340

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W50

Total time: 55:16

Speed: 10.86 km/h

Running performance: 5:32 min/km

Rank in course/Total: 134 (of 153)

Rank in course/Women: 17 (of 24)

Best time in course: 42:26

Rank in category: 3(of 3)

Best time in the category: 45:09

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	6:38	5:08	3	1:01	17	2:05	1.29	6:38	5:08	2	0:33	21	0:13
Lap 2	2,075.00	10:58	0:00	3	1:30	12	4:58	2,076.29	17:36	0:00	2	1:42	21	0:13
Lap 3	2,075.00	11:23	0:00	3	1:47	15	1:47	4,151.29	28:59	0:00	2	3:03	21	0:24
Lap 4	2,075.00	11:57	0:00	3	2:36	19	3:57	6,226.29	40:56	0:00	2	4:28	21	1:21
Lap 5	2,075.00	11:57	0:00	3	2:42	19	10:39	8,301.29	52:53	0:00	2	5:48	21	2:09
Last lap Finish	411.00	2:23	0:00	3	0:31	19	1:23	10.00	55:16	5:31	3	10:07	18	13:21