



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Gruner, Birgit

Club: TSV Germania 1887 Neustadt e.V.
Number: 306

Course: 10.00 km
Köstritzer Lauf

Category:
Frauen W55

Total time: 46:54

Speed: 12.79 km/h
Running performance: 4:41 min/km

Rank in course/Total: 86 (of 153)

Rank in course/Women: 4 (of 24)

Best time in course: 42:26

Rank in category: 1(of 1)

Best time in the category: 46:54

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.29	5:35	4:19	1	-	2	1:02	1.29	5:35	4:19	1	-	24	
Lap 2	2,075.00	9:25	0:00	1	-	2	3:25	2,076.29	15:00	0:00	1	-	24	
Lap 3	2,075.00	9:42	0:00	1	-	2	0:06	4,151.29	24:42	0:00	1	-	24	
Lap 4	2,075.00	10:00	0:00	1	-	5	2:00	6,226.29	34:42	0:00	1	-	24	
Lap 5	2,075.00	10:09	0:00	1	-	6	8:51	8,301.29	44:51	0:00	1	-	24	
Last lap Finish	411.00	2:03	0:00	1	-	7	1:03	10.00	46:54	4:41	1	-	5	4:59