



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Groß, Barbara

Club: Dream-Team-Ilmenau

Number: 303

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W50

Total time: 49:14

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 102 (of 153)

Rank in course/Women: 6 (of 24)

Best time in course: 42:26

Rank in category: 2(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.	Pos Women	Behind Women	Stage score			Total ranking				
								Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	1.29	6:05	4:42	2	0:28	7	1:32	1.29	6:05	4:42	1	-	23		
Lap 2	2,075.00	9:49	0:00	2	0:21	5	3:49	2,076.29	15:54	0:00	1	-	23		
Lap 3	2,075.00	10:02	0:00	2	0:26	6	0:26	4,151.29	25:56	0:00	1	-	23		
Lap 4	2,075.00	10:32	0:00	2	1:11	7	2:32	6,226.29	36:28	0:00	1	-	23		
Lap 5	2,075.00	10:37	0:00	2	1:22	7	9:19	8,301.29	47:05	0:00	1	-	23		
Last lap Finish	411.00	2:09	0:00	2	0:17	9	1:09	10.00	49:14	4:55	2	4:05	7	7:19	