



21. Arnstädter Citylauf

Arnstadt / 30.04.2011

Detailed evaluation

Tendler, Gabriele

Club: LAV Halensia

Number: 414

Course: 10.00 km

Köstritzer Lauf

Category:

Frauen W50

Total time: 45:09

Speed: 13.29 km/h

Running performance: 4:31 min/km

Rank in course/Total: 65 (of 153)

Rank in course/Women: 2 (of 24)

Best time in course: 42:26

Rank in category: 1(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	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.29	5:37	4:21	1	-	3	1:04	1.29	5:37	4:21	3	-	3	20	-	3	3:14
Lap 2	2,075.00	9:28	0:00	1	-	3	3:28	2,076.29	15:05	0:00	3	-	3	20	-	3	3:14
Lap 3	2,075.00	9:36	0:00	1	-	1	-	4,151.29	24:41	0:00	3	-	3	20	-	3	3:14
Lap 4	2,075.00	9:21	0:00	1	-	2	1:21	6,226.29	34:02	0:00	3	-	3	20	-	3	3:14
Lap 5	2,075.00	9:15	0:00	1	-	3	7:57	8,301.29	43:17	0:00	3	-	3	20	-	3	3:14
Last lap Finish	411.00	1:52	0:00	1	-	2	0:52	10.00	45:09	4:30	1	-	3	20	-	3	3:14