



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Köhler, Ljuba

Club: LSV Lok Arnstadt
Number: 331

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:01

Speed: 10.71 km/h
Running performance: 05:36 min/km

Rank in course/Total: 60 (of 93)
Rank in course/Women: 3 (of 14)
Best time in course: 42:24

Rank in category: 1(of 1)
Best time in the category: 56:01

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	6:07	4:44	1	-	3	1:10	1.29	6:07	4:44	1	-	3	1:10
Lap 2	2.08	10:37	5:06	1	-	3	2:08	3.37	16:44	4:57	1	-	3	3:18
Lap 3	2.08	11:22	5:27	1	-	2	2:29	5.45	28:06	5:09	1	-	3	5:47
Lap 4	2.08	12:15	5:53	1	-	3	3:12	7.53	40:21	5:21	1	-	3	8:59
Lap 5	2.08	12:39	6:04	1	-	3	3:29	9.61	53:00	5:30	1	-	3	12:28
Last lap Finish	0.41	3:01	7:21	1	-	12	1:09	10.00	56:01	5:36	1	-	3	13:37