



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Kahl, Lilith

Club: SV Olympia Neustadt

Number: 393

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 56:39

Speed: 10.59 km/h

Running performance: 05:40 min/km

Rank in course/Total: 63 (of 93)

Rank in course/Women: 4 (of 14)

Best time in course: 42:24

Rank in category: 2(of 3)

Best time in the category: 42:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	6:14	4:49	2	1:17	5	1:17	1.29	6:14	4:49	2	1:17	4	1:17
Lap 2	2.08	10:55	5:14	2	2:26	5	2:26	3.37	17:09	5:05	2	3:43	4	3:43
Lap 3	2.08	11:29	5:31	2	2:36	3	2:36	5.45	28:38	5:15	2	6:19	4	6:19
Lap 4	2.08	12:37	6:03	3	3:34	6	3:34	7.53	41:15	5:28	2	9:53	4	9:53
Lap 5	2.08	13:11	6:20	3	4:01	6	4:01	9.61	54:26	5:39	2	13:54	4	13:54
Last lap Finish	0.41	2:13	5:24	2	0:21	3	0:21	10.00	56:39	5:39	2	14:15	4	14:15