



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Zelle, Monique

Club: Dream Team Ilmenau
Number: 306

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:54

Speed: 10.54 km/h
Running performance: 05:41 min/km

Rank in course/Total: 64 (of 93)

Rank in course/Women: 5 (of 14)

Best time in course: 42:24

Rank in category: 1(of 2)

Best time in the category: 56:54

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	6:08	4:45	1	-	4	1:11	1.29	6:08	4:45	1	-	5	1:11
Lap 2	2.08	10:45	5:10	1	-	4	2:16	3.37	16:53	5:00	1	-	5	3:27
Lap 3	2.08	11:34	5:33	1	-	5	2:41	5.45	28:27	5:13	1	-	5	6:08
Lap 4	2.08	12:30	6:00	1	-	5	3:27	7.53	40:57	5:26	1	-	5	9:35
Lap 5	2.08	13:17	6:23	2	0:24	7	4:07	9.61	54:14	5:38	1	-	5	13:42
Last lap Finish	0.41	2:40	6:30	2	0:15	8	0:48	10.00	56:54	5:41	1	-	5	14:30