



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Hoffmann, Nicole

Club: Unterwellenborn
Number: 379

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 57:38

Speed: 10.41 km/h
Running performance: 05:46 min/km

Rank in course/Total: 65 (of 93)
Rank in course/Women: 6 (of 14)
Best time in course: 42:24

Rank in category: 3(of 3)
Best time in the category: 42:24

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	7:20	5:41	3	2:23	8	2:23	1.29	7:20	5:41	3	2:23	6	2:23
Lap 2	2.08	11:17	5:25	3	2:48	7	2:48	3.37	18:37	5:31	3	5:11	6	5:11
Lap 3	2.08	11:38	5:35	3	2:45	7	2:45	5.45	30:15	5:33	3	7:56	6	7:56
Lap 4	2.08	12:16	5:53	2	3:13	4	3:13	7.53	42:31	5:38	3	11:09	6	11:09
Lap 5	2.08	12:44	6:07	2	3:34	4	3:34	9.61	55:15	5:44	3	14:43	6	14:43
Last lap Finish	0.41	2:23	5:48	3	0:31	4	0:31	10.00	57:38	5:45	3	15:14	6	15:14