



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Gergs, Veronika

Club: TV 1920 Ilmenau
Number: 358

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 58:05

Speed: 10.33 km/h
Running performance: 05:49 min/km

Rank in course/Total: 66 (of 93)

Rank in course/Women: 7 (of 14)

Best time in course: 42:24

Rank in category: 2(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	6:44	5:13	2	0:36	7	1:47	1.29	6:44	5:13	2	0:36	7	1:47
Lap 2	2.08	11:07	5:20	2	0:22	6	2:38	3.37	17:51	5:17	2	0:58	7	4:25
Lap 3	2.08	11:34	5:33	1	-	5	2:41	5.45	29:25	5:23	2	0:58	7	7:06
Lap 4	2.08	13:22	6:25	2	0:52	7	4:19	7.53	42:47	5:40	2	1:50	7	11:25
Lap 5	2.08	12:53	6:11	1	-	5	3:43	9.61	55:40	5:47	2	1:26	7	15:08
Last lap Finish	0.41	2:25	5:53	1	-	5	0:33	10.00	58:05	5:48	2	1:11	7	15:41