



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Beyer, Nicole

Club: Wachsenburggemeinde
Number: 377

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:08

Speed: 9.98 km/h
Running performance: 06:01 min/km

Rank in course/Total: 69 (of 93)
Rank in course/Women: 8 (of 14)
Best time in course: 42:24

Rank in category: 1(of 2)
Best time in the category: 1:00:08

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	fehlt!	-	-	-	-	-	1.29	-	-	-	-	-	-
Lap 2	2.08	fehlt!	-	-	-	-	-	3.37	-	-	-	-	-	-
Lap 3	2.08	fehlt!	-	-	-	-	-	5.45	-	-	-	-	-	-
Lap 4	2.08	fehlt!	-	-	-	-	-	7.53	-	-	-	-	-	-
Lap 5	2.08	fehlt!	-	-	-	-	-	9.61	-	-	-	-	-	-
Last lap Finish	0.41	1:00:08	146:40	2	57:30	14	58:16	10.00	1:00:08	6:00	1	-	8	17:44