22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Schindler, Hana

Club: Fressnapf Arnstadt
Number: 386

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:09

Speed: 9.35 km/h
Running performance: 06:25 min/km

Rank in course/Total: 73 (of 93)
Rank in course/Women: 10 (of 14)
Best time in course: 42:24

Rank in category: 2(of 2)
Best time in the category: 1:03:54

Intermediate times

Control	Split km	Split Time	Split min/km	Stage score Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Total ranking Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	6:39	5:09	1	-	6	1:42	1.29	6:39	5:09	2		9	1:42
Lap 2	2.08	12:18	5:54	1	-	8	3:49	3.37	18:57	5:37	2		9	5:31
Lap 3	2.08	13:28	6:28	2	0:16	10	4:35	5.45	32:25	5:56	2		9	10:06
Lap 4	2.08	14:41	7:03	2	0:54	11	5:38	7.53	47:06	6:15	2		9	15:44
Lap 5	2.08	14:36	7:01	1	-	9	5:26	9.61	1:01:42	6:25	1	-	8	21:10
Last lap Finish	0.41	2:27	5:58	1	-	6	0:35	10.00	1:04:09	6:24	2	0:15	10	21:45