



22. Arnstädter Citylauf
Arnstadt / 28.04.2012

Detailed evaluation

Gießler, Nancy

Club: Arnstadt
Number: 378

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:05:27

Speed: 9.17 km/h
Running performance: 06:32 min/km

Rank in course/Total: 75 (of 93)
Rank in course/Women: 11 (of 14)
Best time in course: 42:24

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

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	7:35	5:52	1	-	11	2:38	1.29	7:35	5:52	1	-	10	2:38
Lap 2	2.08	12:55	6:12	1	-	10	4:26	3.37	20:30	6:04	1	-	10	7:04
Lap 3	2.08	13:19	6:24	1	-	9	4:26	5.45	33:49	6:12	1	-	10	11:30
Lap 4	2.08	14:09	6:48	1	-	9	5:06	7.53	47:58	6:22	1	-	10	16:36
Lap 5	2.08	14:51	7:08	1	-	10	5:41	9.61	1:02:49	6:32	1	-	9	22:17
Last lap Finish	0.41	2:38	6:25	1	-	7	0:46	10.00	1:05:27	6:32	2	5:19	11	23:03