



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Nehrig, Marita

Club: SV 02 Arnstadt
Number: 342

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:05:59

Speed: 9.09 km/h
Running performance: 06:36 min/km

Rank in course/Total: 76 (of 93)
Rank in course/Women: 12 (of 14)
Best time in course: 42:24

Rank in category: 1(of 2)
Best time in the category: 1:05:59

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	7:32	5:50	1	-	10	2:35	1.29	7:32	5:50	1	-	11	2:35
Lap 2	2.08	12:57	6:13	1	-	11	4:28	3.37	20:29	6:04	1	-	11	7:03
Lap 3	2.08	13:40	6:34	1	-	11	4:47	5.45	34:09	6:15	1	-	11	11:50
Lap 4	2.08	14:26	6:56	1	-	10	5:23	7.53	48:35	6:27	1	-	11	17:13
Lap 5	2.08	14:35	7:00	1	-	8	5:25	9.61	1:03:10	6:34	1	-	10	22:38
Last lap Finish	0.41	2:49	6:52	2	0:08	10	0:57	10.00	1:05:59	6:35	1	-	12	23:35