



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Wenzlaff, Martina

Club: Evangelische Kindertagesstätte
Number: 385

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:08:52

Speed: 8.71 km/h
Running performance: 06:53 min/km

Rank in course/Total: 77 (of 93)
Rank in course/Women: 13 (of 14)
Best time in course: 42:24
Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.29	8:22	6:29	2	0:50	13	3:25	1.29	8:22	6:29	2	0:50	12	3:25
Lap 2	2.08	13:41	6:34	2	0:44	12	5:12	3.37	22:03	6:32	2	1:34	12	8:37
Lap 3	2.08	14:03	6:45	2	0:23	12	5:10	5.45	36:06	6:37	2	1:57	12	13:47
Lap 4	2.08	14:41	7:03	2	0:15	11	5:38	7.53	50:47	6:44	2	2:12	12	19:25
Lap 5	2.08	15:24	7:24	2	0:49	12	6:14	9.61	1:06:11	6:53	2	3:01	11	25:39
Last lap Finish	0.41	2:41	6:32	1	-	9	0:49	10.00	1:08:52	6:53	2	2:53	13	26:28