



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Queißer, Renate

Club: Ilmenau
Number: 401

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:10:10

Speed: 8.55 km/h
Running performance: 07:01 min/km

Rank in course/Total: 78 (of 93)
Rank in course/Women: 14 (of 14)
Best time in course: 42:24

Rank in category: 1(of 1)
Best time in the category: 1:10:10

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	7:36	5:53	1	-	12	2:39	1.29	7:36	5:53	1	-	13	2:39
Lap 2	2.08	14:09	6:48	1	-	13	5:40	3.37	21:45	6:27	1	-	13	8:19
Lap 3	2.08	14:57	7:11	1	-	13	6:04	5.45	36:42	6:44	1	-	13	14:23
Lap 4	2.08	15:12	7:18	1	-	13	6:09	7.53	51:54	6:53	1	-	13	20:32
Lap 5	2.08	15:20	7:22	1	-	11	6:10	9.61	1:07:14	6:59	1	-	12	26:42
Last lap Finish	0.41	2:56	7:09	1	-	11	1:04	10.00	1:10:10	7:01	1	-	14	27:46