



22. Arnstädter Citylauf

Arnstadt / 28.04.2012

Detailed evaluation

Löser, Marion

Club: sunways

Number: 204

Course: 5.00 km

sunways 5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 33:24

Speed: 8.98 km/h

Running performance: 06:41 min/km

Rank in course/Total: 68 (of 76)

Rank in course/Women: 27 (of 31)

Best time in course: 19:17

Rank in category: 3(of 4)

Best time in the category: 30:14

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	0.44	2:31	5:43	4	0:27	22	0:59	0.44	2:31	5:43	3	0:01	5	0:22
Lap 2	2.08	12:21	5:56	2	0:32	19	4:32	2.52	14:52	5:53	3	0:33	4	0:48
Lap 3	2.08	15:46	7:34	3	2:27	26	7:30	4.60	30:38	6:39	3	3:00	3	4:52
Last lap Finish	0.41	2:46	6:44	3	0:10	26	1:10	5.00	33:24	6:40	3	3:10	27	14:07