



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Voigtmann, Katja

Club: Ichttershausen

Number: 318

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 45:35

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 45 (of 104)

Rank in course/Women: 1 (of 19)

Best time in course: 45:35

Rank in category: 1(of 8)

Best time in the category: 45:35

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	1.70	7:16	4:16	2	0:17	2	0:17	1.70	7:16	4:16	1	-	1	-
Lap 2	2.34	10:46	4:36	1	-	1	-	4.04	18:02	4:27	1	-	10	-
Lap 3	2.34	10:51	4:38	1	-	1	-	6.38	28:53	4:31	1	-	10	-
Lap 4	2.34	10:57	4:40	1	-	1	-	8.72	39:50	4:34	1	-	10	-
Last lap Finish	1.28	5:45	4:29	1	-	1	-	10.00	45:35	4:33	1	-	1	-