



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Bärwolf, Silvia

Club: Laufftreff Breitungen

Number: 330

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 47:02

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 48 (of 104)

Rank in course/Women: 2 (of 19)

Best time in course: 45:35

Rank in category: 1(of 3)

Best time in the category: 47:02

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	7:37	4:28	2	0:01	7	0:38	1.70	7:37	4:28	1	-	11	0:21
Lap 2	2.34	11:08	4:45	1	-	3	0:22	4.04	18:45	4:38	1	-	18	
Lap 3	2.34	11:09	4:45	1	-	3	0:18	6.38	29:54	4:41	1	-	18	
Lap 4	2.34	11:09	4:45	1	-	2	0:12	8.72	41:03	4:42	1	-	18	
Last lap Finish	1.28	5:59	4:40	1	-	2	0:14	10.00	47:02	4:42	1	-	2	1:27