



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Groß, Barbara

Club: Dream Team Ilmenau

Number: 305

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 47:15

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 50 (of 104)

Rank in course/Women: 3 (of 19)

Best time in course: 45:35

Rank in category: 1(of 1)

Best time in the category: 47:15

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	7:44	4:32	1	-	11	0:45	1.70	7:44	4:32	1	-	17	0:28
Lap 2	2.34	10:55	4:39	1	-	2	0:09	4.04	18:39	4:36	1	-	17	
Lap 3	2.34	11:04	4:43	1	-	2	0:13	6.38	29:43	4:39	1	-	17	
Lap 4	2.34	11:18	4:49	1	-	3	0:21	8.72	41:01	4:42	1	-	17	
Last lap Finish	1.28	6:14	4:52	1	-	6	0:29	10.00	47:15	4:43	1	-	3	1:40