



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Reinhardt, Anna

Club: USV TU Dresden

Number: 374

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 47:54

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 53 (of 104)

Rank in course/Women: 4 (of 19)

Best time in course: 45:35

Rank in category: 2(of 8)

Best time in the category: 45:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	1.70	6:59	4:06	1	-	1	-	1.70	6:59	4:06	2		16	
Lap 2	2.34	11:14	4:48	2	0:28	4	0:28	4.04	18:13	4:30	2	0:11	16	
Lap 3	2.34	11:32	4:55	3	0:41	7	0:41	6.38	29:45	4:39	2	0:52	16	
Lap 4	2.34	11:49	5:02	3	0:52	9	0:52	8.72	41:34	4:46	2	1:44	16	
Last lap Finish	1.28	6:20	4:56	4	0:35	9	0:35	10.00	47:54	4:47	2	2:19	4	2:19