



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Lindner, Kristin

Club: Haarhausen

Number: 316

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 48:05

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 57 (of 104)

Rank in course/Women: 5 (of 19)

Best time in course: 45:35

Rank in category: 1(of 3)

Best time in the category: 48:05

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	7:26	4:22	1	-	4	0:27	1.70	7:26	4:22	1	-	15	0:10
Lap 2	2.34	11:30	4:54	2	0:12	8	0:44	4.04	18:56	4:41	1	-	15	0:09
Lap 3	2.34	11:31	4:55	2	0:06	6	0:40	6.38	30:27	4:46	1	-	15	
Lap 4	2.34	11:38	4:58	2	0:06	7	0:41	8.72	42:05	4:49	1	-	15	
Last lap Finish	1.28	6:00	4:41	1	-	3	0:15	10.00	48:05	4:48	1	-	5	2:30