



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Pahn, Ingrid**

Club: Zahnpahnde Arnstadt

Number: 408

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 48:27

Speed: 12.38 km/h

Running performance: 4:50 min/km

Rank in course/Total: 62 (of 104)

Rank in course/Women: 8 (of 19)

Best time in course: 45:35

Rank in category: 2(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	7:36	4:28	1	-	5	0:37	1.70	7:36	4:28	2		9	0:20
Lap 2	2.34	11:25	4:52	2	0:17	7	0:39	4.04	19:01	4:42	2	0:16	13	0:14
Lap 3	2.34	11:36	4:57	2	0:27	9	0:45	6.38	30:37	4:47	2	0:43	13	
Lap 4	2.34	11:31	4:55	2	0:22	4	0:34	8.72	42:08	4:49	2	1:05	13	
Last lap Finish	1.28	6:19	4:56	2	0:20	7	0:34	10.00	48:27	4:50	2	1:25	8	2:52