



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Bertram, Christin**

Club: ThSV 1886 Geschwenda

Number: 356

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 48:24

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 61 (of 104)

Rank in course/Women: 7 (of 19)

Best time in course: 45:35

Rank in category: 3(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	7:42	4:31	5	0:43	9	0:43	1.70	7:42	4:31	3	0:26	12	0:26
Lap 2	2.34	11:42	5:00	5	0:56	11	0:56	4.04	19:24	4:48	3	1:22	12	0:37
Lap 3	2.34	11:27	4:53	2	0:36	5	0:36	6.38	30:51	4:50	3	1:58	12	
Lap 4	2.34	11:31	4:55	2	0:34	4	0:34	8.72	42:22	4:51	3	2:32	12	
Last lap Finish	1.28	6:02	4:42	2	0:17	4	0:17	10.00	48:24	4:50	3	2:49	7	2:49