



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Leese, Fiona

Club: Erfurt
Number: 372

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 48:42

Speed: 12.32 km/h
Running performance: 4:52 min/km

Rank in course/Total: 63 (of 104)

Rank in course/Women: 9 (of 19)

Best time in course: 45:35

Rank in category: 1(of 1)

Best time in the category: 48:42

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	7:37	4:28	1	-	7	0:38	1.70	7:37	4:28	1	-	11	0:21
Lap 2	2.34	11:18	4:49	1	-	5	0:32	4.04	18:55	4:40	1	-	11	0:08
Lap 3	2.34	11:35	4:57	1	-	8	0:44	6.38	30:30	4:46	1	-	11	
Lap 4	2.34	11:41	4:59	1	-	8	0:44	8.72	42:11	4:50	1	-	11	
Last lap Finish	1.28	6:31	5:05	1	-	10	0:46	10.00	48:42	4:52	1	-	9	3:07