



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Reiche, Cassandra

Club: SV Ictershausen

Number: 351

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 49:49

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 69 (of 104)

Rank in course/Women: 10 (of 19)

Best time in course: 45:35

Rank in category: 4(of 8)

Best time in the category: 45:35

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	7:16	4:16	2	0:17	2	0:17	1.70	7:16	4:16	1	-	1	-
Lap 2	2.34	11:31	4:55	3	0:45	9	0:45	4.04	18:47	4:38	4	0:45	1	-
Lap 3	2.34	12:17	5:14	5	1:26	12	1:26	6.38	31:04	4:52	4	2:11	1	-
Lap 4	2.34	12:42	5:25	6	1:45	13	1:45	8.72	43:46	5:01	4	3:56	1	-
Last lap Finish	1.28	6:03	4:43	3	0:18	5	0:18	10.00	49:49	4:58	4	4:14	10	4:14