



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Kahl, Lilith

Club: SV Olympia Neustadt

Number: 404

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 50:02

Speed: 11.99 km/h

Running performance: 5:00 min/km

Rank in course/Total: 70 (of 104)

Rank in course/Women: 11 (of 19)

Best time in course: 45:35

Rank in category: 5(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	7:36	4:28	4	0:37	5	0:37	1.70	7:36	4:28	5	0:20	9	0:20
Lap 2	2.34	11:36	4:57	4	0:50	10	0:50	4.04	19:12	4:45	5	1:10	9	0:25
Lap 3	2.34	11:53	5:04	4	1:02	10	1:02	6.38	31:05	4:52	5	2:12	9	0:01
Lap 4	2.34	12:14	5:13	4	1:17	10	1:17	8.72	43:19	4:58	5	3:29	9	
Last lap Finish	1.28	6:43	5:14	6	0:58	12	0:58	10.00	50:02	5:00	5	4:27	11	4:27