



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Köhler, Ljuba

Club: LSV Lok Arnstadt

Number: 334

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 51:33

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 77 (of 104)

Rank in course/Women: 12 (of 19)

Best time in course: 45:35

Rank in category: 3(of 3)

Best time in the category: 47:02

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	8:01	4:42	3	0:25	12	1:02	1.70	8:01	4:42	3	0:24	8	0:45
Lap 2	2.34	11:54	5:05	3	0:46	12	1:08	4.04	19:55	4:55	3	1:10	8	1:08
Lap 3	2.34	12:15	5:14	3	1:06	11	1:24	6.38	32:10	5:02	3	2:16	8	1:06
Lap 4	2.34	12:27	5:19	3	1:18	11	1:30	8.72	44:37	5:06	3	3:34	8	0:51
Last lap Finish	1.28	6:56	5:25	3	0:57	14	1:11	10.00	51:33	5:09	3	4:31	12	5:58