



# 23. Arnstädter Citylauf

Arnstadt / 27.04.2013

## Detailed evaluation

**Raab, Katrin**

Club: LSV Lok Arnstadt

Number: 337

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 52:12

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 81 (of 104)

Rank in course/Women: 13 (of 19)

Best time in course: 45:35

Rank in category: 6(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	Total km	Total Time			Total min/km	Pos Women	Behind Women
Lap 1	1.70	8:03	4:44	6	1:04	13	1:04	1.70	8:03	4:44	6	0:47	7	0:47
Lap 2	2.34	12:23	5:17	6	1:37	13	1:37	4.04	20:26	5:03	6	2:24	7	1:39
Lap 3	2.34	12:26	5:18	6	1:35	13	1:35	6.38	32:52	5:09	6	3:59	7	1:48
Lap 4	2.34	12:41	5:25	5	1:44	12	1:44	8.72	45:33	5:13	6	5:43	7	1:47
Last lap Finish	1.28	6:39	5:11	5	0:54	11	0:54	10.00	52:12	5:13	6	6:37	13	6:37