



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Pawlowsky, Denise

Club: Erfurt
Number: 308

Course: 10.00 km
Die Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 55:30

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 89 (of 104)

Rank in course/Women: 14 (of 19)

Best time in course: 45:35

Rank in category: 7(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	9:03	5:19	7	2:04	14	2:04	1.70	9:03	5:19	7	1:47	6	1:47
Lap 2	2.34	13:13	5:38	7	2:27	14	2:27	4.04	22:16	5:30	7	4:14	6	3:29
Lap 3	2.34	13:18	5:41	7	2:27	14	2:27	6.38	35:34	5:34	7	6:41	6	4:30
Lap 4	2.34	13:02	5:34	7	2:05	14	2:05	8.72	48:36	5:34	7	8:46	6	4:50
Last lap Finish	1.28	6:54	5:23	7	1:09	13	1:09	10.00	55:30	5:32	7	9:55	15	9:55