



23. Arnstädter Citylauf  
Arnstadt / 27.04.2013

Detailed evaluation

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Club: Katholische Laufjugend Arnstadt  
Number: 321

Course: 10.00 km  
Die Schwenninger 10-km-Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 56:53

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 93 (of 104)

Rank in course/Women: 15 (of 19)

Best time in course: 45:35

Rank in category: 3(of 3)

Best time in the category: 48:05

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	9:06	5:21	3	1:40	15	2:07	1.70	9:06	5:21	3	1:40	5	1:50
Lap 2	2.34	13:26	5:44	3	2:08	15	2:40	4.04	22:32	5:34	3	3:36	5	3:45
Lap 3	2.34	13:21	5:42	3	1:56	15	2:30	6.38	35:53	5:37	3	5:26	5	4:49
Lap 4	2.34	13:46	5:52	3	2:14	15	2:49	8.72	49:39	5:41	3	7:34	5	5:53
Last lap Finish	1.28	7:14	5:39	3	1:14	15	1:29	10.00	56:53	5:41	3	8:48	16	11:18