



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Heinz, Katrin

Club: Arnstadt

Number: 368

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:00:33

Speed: 9.91 km/h

Running performance: 6:04 min/km

Rank in course/Total: 98 (of 104)

Rank in course/Women: 16 (of 19)

Best time in course: 45:35

Rank in category: 1(of 2)

Best time in the category: 1:00:33

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	9:50	5:47	1	-	17	2:51	1.70	9:50	5:47	1	-	2	2:34
Lap 2	2.34	14:18	6:06	1	-	16	3:32	4.04	24:08	5:58	1	-	4	5:21
Lap 3	2.34	14:08	6:02	1	-	16	3:17	6.38	38:16	5:59	1	-	4	7:12
Lap 4	2.34	14:18	6:06	1	-	16	3:21	8.72	52:34	6:01	1	-	4	8:48
Last lap Finish	1.28	7:59	6:14	1	-	16	2:14	10.00	1:00:33	6:03	2	7:36	17	14:58