



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Nehrig, Marita

Club: KS-Sportsworld

Number: 377

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:02:34

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 99 (of 104)

Rank in course/Women: 17 (of 19)

Best time in course: 45:35

Rank in category: 1(of 1)

Best time in the category: 1:02:34

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	9:47	5:45	1	-	16	2:48	1.70	9:47	5:45	1	-	3	2:31
Lap 2	2.34	14:38	6:15	1	-	17	3:52	4.04	24:25	6:02	1	-	3	5:38
Lap 3	2.34	14:55	6:22	1	-	17	4:04	6.38	39:20	6:09	1	-	3	8:16
Lap 4	2.34	14:58	6:23	1	-	17	4:01	8.72	54:18	6:13	1	-	3	10:32
Last lap Finish	1.28	8:16	6:27	1	-	17	2:31	10.00	1:02:34	6:15	1	-	18	16:59