



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Rusteberg, Elisabeth

Club: Göttern

Number: 390

Course: 10.00 km

Die Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:05:09

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 100 (of 104)

Rank in course/Women: 18 (of 19)

Best time in course: 45:35

Rank in category: 8(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	9:50	5:47	8	2:51	17	2:51	1.70	9:50	5:47	8	2:34	2	2:34
Lap 2	2.34	14:50	6:20	8	4:04	18	4:04	4.04	24:40	6:06	8	6:38	2	5:53
Lap 3	2.34	15:22	6:34	8	4:31	18	4:31	6.38	40:02	6:16	8	11:09	2	8:58
Lap 4	2.34	16:04	6:51	8	5:07	18	5:07	8.72	56:06	6:26	8	16:16	2	12:20
Last lap Finish	1.28	9:03	7:04	8	3:18	18	3:18	10.00	1:05:09	6:30	8	19:34	19	19:34