



23. Arnstädter Citylauf

Arnstadt / 27.04.2013

Detailed evaluation

Hausdorf, Karola

Club: Rennsteiglaufverein Saalfeld

Number: 200

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 26:52

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 31 (of 50)

Rank in course/Women: 10 (of 23)

Best time in course: 19:52

Rank in category: 1(of 1)

Best time in the category: 26:52

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	1.39	6:51	4:55	1	-	10	1:35	1.39	6:51	4:55	1	-	15	
Lap 2	2.35	12:52	5:28	1	-	9	3:24	3.74	19:43	5:16	1	-	15	
Last lap Finish	1.30	7:09	5:30	1	-	11	2:01	5.00	26:52	5:22	1	-	10	7:00