



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Du Maire, Mandy

Club: Arnstadt

Number: 204

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 47:58

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 44 (of 103)

Rank in course/Women: 4 (of 23)

Best time in course: 44:00

Rank in category: 1(of 3)

Best time in the category: 47:58

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	7:01	4:07	1	-	3	0:17	1.70	7:01	4:07	1	-	21	
Lap 2	2.34	10:43	4:34	1	-	4	0:24	4.04	17:44	4:23	1	-	21	
Lap 3	2.34	11:21	4:51	1	-	4	1:00	6.38	29:05	4:33	1	-	21	
Lap 4	2.34	12:26	5:18	2	0:13	6	1:53	8.72	41:31	4:45	1	-	21	
Last lap Finish	1.30	6:27	4:57	1	-	4	0:50	10.00	47:58	4:47	1	-	4	3:58