



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Reiche, Cassandra

Club: SV Ictershausen

Number: 246

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 49:35

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 51 (of 103)

Rank in course/Women: 5 (of 23)

Best time in course: 44:00

Rank in category: 3(of 7)

Best time in the category: 44:00

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	7:09	4:12	3	0:10	5	0:25	1.70	7:09	4:12	3	0:04	20		
Lap 2	2.34	11:18	4:49	3	0:59	5	0:59	4.04	18:27	4:34	3	1:03	20		
Lap 3	2.34	12:16	5:14	3	1:55	7	1:55	6.38	30:43	4:48	3	2:58	20		
Lap 4	2.34	12:28	5:19	3	1:55	7	1:55	8.72	43:11	4:57	3	4:53	19		
Last lap Finish	1.30	6:24	4:55	3	0:47	3	0:47	10.00	49:35	4:57	3	5:35	5	5:35	