



# 24. Arnstädter Citylauf

Arnstadt / 26.04.2014

## Detailed evaluation

**Köhler, Ljuba**

Club: LSV Lok Arnstadt

Number: 238

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 55 (of 103)

Rank in course/Women: 6 (of 23)

Best time in course: 44:00

Rank in category: 1(of 6)

Best time in the category: 50:00

### 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	7:53	4:38	1	-	7	1:09	1.70	7:53	4:38	1	-	18	
Lap 2	2.34	11:35	4:57	1	-	7	1:16	4.04	19:28	4:49	1	-	19	
Lap 3	2.34	11:46	5:01	1	-	5	1:25	6.38	31:14	4:53	1	-	19	
Lap 4	2.34	11:57	5:06	1	-	4	1:24	8.72	43:11	4:57	1	-	19	
Last lap Finish	1.30	6:49	5:14	1	-	7	1:12	10.00	50:00	5:00	1	-	6	6:00