



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Ihling, Carmen

Club: KS Sportsworld

Number: 291

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 67 (of 103)

Rank in course/Women: 8 (of 23)

Best time in course: 44:00

Rank in category: 2 (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	11:45	5:01	2	0:10	8	1:26	4.04	19:38	4:51	2	0:10	18		
Lap 3	2.34	12:25	5:18	2	0:39	8	2:04	6.38	32:03	5:01	2	0:49	18		
Lap 4	2.34	12:30	5:20	2	0:33	8	1:57	8.72	44:33	5:06	2	1:22	18		
Last lap Finish	1.30	7:12	5:32	2	0:23	8	1:35	10.00	51:45	5:10	2	1:45	8	7:45	