



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Beyer, Nicole

Club: SV Ichttershausen

Number: 201

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 56 (of 103)

Rank in course/Women: 6 (of 23)

Best time in course: 44:00

Rank in category: 2(of 3)

Best time in the category: 47:58

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	7:38	4:29	2	0:37	6	0:54	1.70	7:38	4:29	2	0:37	17		
Lap 2	2.34	11:22	4:51	2	0:39	6	1:03	4.04	19:00	4:42	2	1:16	17		
Lap 3	2.34	12:02	5:08	2	0:41	6	1:41	6.38	31:02	4:51	2	1:57	17		
Lap 4	2.34	12:13	5:13	1	-	5	1:40	8.72	43:15	4:57	2	1:44	17		
Last lap Finish	1.30	6:45	5:11	2	0:18	6	1:08	10.00	50:00	5:00	2	2:02	6	6:00	