



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Bonn, Marie

Club: Arnstadt

Number: 276

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 77 (of 103)

Rank in course/Women: 10 (of 23)

Best time in course: 44:00

Rank in category: 4(of 7)

Best time in the category: 44:00

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	8:23	4:55	4	1:24	12	1:39	1.70	8:23	4:55	4	1:18	10	0:12
Lap 2	2.34	12:53	5:30	4	2:34	9	2:34	4.04	21:16	5:15	4	3:52	10	0:08
Lap 3	2.34	13:11	5:38	4	2:50	9	2:50	6.38	34:27	5:23	4	6:42	15	
Lap 4	2.34	13:28	5:45	4	2:55	10	2:55	8.72	47:55	5:29	4	9:37	15	
Last lap Finish	1.30	7:25	5:42	4	1:48	11	1:48	10.00	55:20	5:31	4	11:20	10	11:20