



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Grosser, Ulrike

Club: BARMER-GEK

Number: 211

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:46

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 78 (of 103)

Rank in course/Women: 11 (of 23)

Best time in course: 44:00

Rank in category: 1(of 2)

Best time in the category: 55:46

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	8:15	4:51	1	-	11	1:31	1.70	8:15	4:51	1	-	14	0:04
Lap 2	2.34	13:16	5:40	1	-	16	2:57	4.04	21:31	5:19	1	-	14	0:23
Lap 3	2.34	13:19	5:41	1	-	11	2:58	6.38	34:50	5:27	1	-	14	0:18
Lap 4	2.34	13:33	5:47	1	-	12	3:00	8.72	48:23	5:32	1	-	14	0:03
Last lap Finish	1.30	7:23	5:40	1	-	9	1:46	10.00	55:46	5:34	1	-	11	11:46