



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Wegener, Christa

Club: Rennsteiglaufverein

Number: 265

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 56:06

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 81 (of 103)

Rank in course/Women: 14 (of 23)

Best time in course: 44:00

Rank in category: 1(of 1)

Best time in the category: 56:06

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	8:35	5:02	1	-	16	1:51	1.70	8:35	5:02	1	-	12	0:24
Lap 2	2.34	13:09	5:37	1	-	15	2:50	4.04	21:44	5:22	1	-	12	0:36
Lap 3	2.34	13:25	5:44	1	-	15	3:04	6.38	35:09	5:30	1	-	12	0:37
Lap 4	2.34	13:23	5:43	1	-	9	2:50	8.72	48:32	5:33	1	-	12	0:12
Last lap Finish	1.30	7:34	5:49	1	-	13	1:57	10.00	56:06	5:36	1	-	14	12:06