



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Herzberg, Andrea

Club: Alteburg Lauftreff Arnstadt

Number: 307

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 56:02

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 80 (of 103)

Rank in course/Women: 13 (of 23)

Best time in course: 44:00

Rank in category: 4(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	8:10	4:48	3	0:17	9	1:26	1.70	8:10	4:48	4	0:17	11		
Lap 2	2.34	12:57	5:32	4	1:22	12	2:38	4.04	21:07	5:13	4	1:39	11		
Lap 3	2.34	13:19	5:41	4	1:33	11	2:58	6.38	34:26	5:23	4	3:12	11		
Lap 4	2.34	14:04	6:00	4	2:07	15	3:31	8.72	48:30	5:33	4	5:19	11	0:10	
Last lap Finish	1.30	7:32	5:47	4	0:43	12	1:55	10.00	56:02	5:36	4	6:02	13	12:02	