



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Graf, Mareike

Club: LsV Lok Arnstadt

Number: 287

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 56:48

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 86 (of 103)

Rank in course/Women: 16 (of 23)

Best time in course: 44:00

Rank in category: 5(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	13:28	5:45	5	3:07	16	3:07	6.38	34:44	5:26	5	6:59	10	0:12
Lap 4	2.34	14:10	6:03	5	3:37	16	3:37	8.72	48:54	5:36	5	10:36	10	0:34
Last lap Finish	1.30	7:54	6:04	6	2:17	18	2:17	10.00	56:48	5:40	5	12:48	16	12:48