



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Kirchner, Manuela

Club: KS-Sportsworld

Number: 225

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 56:32

Speed: 10.61 km/h

Running performance: 5:39 min/km

Rank in course/Total: 85 (of 103)

Rank in course/Women: 15 (of 23)

Best time in course: 44:00

Rank in category: 3(of 3)

Best time in the category: 47:58

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	8:32	5:01	3	1:31	15	1:48	1.70	8:32	5:01	3	1:31	9	0:21
Lap 2	2.34	13:03	5:34	3	2:20	14	2:44	4.04	21:35	5:20	3	3:51	9	0:27
Lap 3	2.34	13:23	5:43	3	2:02	13	3:02	6.38	34:58	5:28	3	5:53	9	0:26
Lap 4	2.34	13:51	5:55	3	1:38	14	3:18	8.72	48:49	5:35	3	7:18	9	0:29
Last lap Finish	1.30	7:43	5:56	3	1:16	16	2:06	10.00	56:32	5:39	3	8:34	15	12:32