



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Richter, Josefine

Club: Hörselberg/Hainich

Number: 249

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:00:33

Speed: 9.91 km/h

Running performance: 6:04 min/km

Rank in course/Total: 91 (of 103)

Rank in course/Women: 17 (of 23)

Best time in course: 44:00

Rank in category: 6(of 7)

Best time in the category: 44:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			min/km	Pos Women	Behind Women
Lap 1	1.70	9:39	5:40	6	2:40	20	2:55	1.70	9:39	5:40	6	2:34	2	1:28
Lap 2	2.34	14:06	6:01	6	3:47	17	3:47	4.04	23:45	5:52	6	6:21	8	2:37
Lap 3	2.34	14:22	6:08	6	4:01	17	4:01	6.38	38:07	5:58	6	10:22	8	3:35
Lap 4	2.34	14:34	6:13	6	4:01	17	4:01	8.72	52:41	6:02	6	14:23	8	4:21
Last lap Finish	1.30	7:52	6:03	5	2:15	17	2:15	10.00	1:00:33	6:03	6	16:33	17	16:33