



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Helbig, Katrin

Club: Königsee

Number: 215

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:23

Speed: 9.77 km/h

Running performance: 6:08 min/km

Rank in course/Total: 93 (of 103)

Rank in course/Women: 18 (of 23)

Best time in course: 44:00

Rank in category: 2(of 2)

Best time in the category: 55:46

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	9:37	5:39	2	1:22	19	2:53	1.70	9:37	5:39	2	1:22	7	1:26
Lap 2	2.34	14:28	6:10	2	1:12	20	4:09	4.04	24:05	5:57	2	2:34	7	2:57
Lap 3	2.34	14:50	6:20	2	1:31	19	4:29	6.38	38:55	6:05	2	4:05	7	4:23
Lap 4	2.34	14:50	6:20	2	1:17	18	4:17	8.72	53:45	6:09	2	5:22	7	5:25
Last lap Finish	1.30	7:38	5:52	2	0:15	15	2:01	10.00	1:01:23	6:08	2	5:37	18	17:23