



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Nehrig, Marita

Club: KS Sportsworld
Number: 288

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:43

Speed: 9.72 km/h
Running performance: 6:10 min/km

Rank in course/Total: 94 (of 103)

Rank in course/Women: 19 (of 23)

Best time in course: 44:00

Rank in category: 5 (of 6)

Best time in the category: 50:00

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	9:23	5:31	5	1:30	17	2:39	1.70	9:23	5:31	5	1:30	6	1:12
Lap 2	2.34	14:17	6:06	6	2:42	19	3:58	4.04	23:40	5:51	5	4:12	6	2:32
Lap 3	2.34	14:46	6:18	5	3:00	18	4:25	6.38	38:26	6:01	5	7:12	6	3:54
Lap 4	2.34	14:58	6:23	5	3:01	19	4:25	8.72	53:24	6:07	5	10:13	6	5:04
Last lap Finish	1.30	8:19	6:23	5	1:30	20	2:42	10.00	1:01:43	6:10	5	11:43	19	17:43