



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Wenzlaff, Martina

Club: Frauen- und Familienzentrum
Number: 266

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:02:21

Speed: 9.62 km/h
Running performance: 6:14 min/km

Rank in course/Total: 95 (of 103)

Rank in course/Women: 20 (of 23)

Best time in course: 44:00

Rank in category: 6(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	9:45	5:44	6	1:52	22	3:01	1.70	9:45	5:44	6	1:52	5	1:34
Lap 2	2.34	14:06	6:01	5	2:31	17	3:47	4.04	23:51	5:54	6	4:23	5	2:43
Lap 3	2.34	14:52	6:21	6	3:06	20	4:31	6.38	38:43	6:04	6	7:29	5	4:11
Lap 4	2.34	15:11	6:29	6	3:14	20	4:38	8.72	53:54	6:10	6	10:43	5	5:34
Last lap Finish	1.30	8:27	6:29	6	1:38	21	2:50	10.00	1:02:21	6:14	6	12:21	20	18:21