



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Lory, Ariane Lory

Club: Kirchheim

Number: 240

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:05:04

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 99 (of 103)

Rank in course/Women: 21 (of 23)

Best time in course: 44:00

Rank in category: 1(of 1)

Best time in the category: 1:05:04

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	10:14	6:01	1	-	23	3:30	1.70	10:14	6:01	1	-	4	2:03
Lap 2	2.34	15:13	6:30	1	-	23	4:54	4.04	25:27	6:17	1	-	4	4:19
Lap 3	2.34	15:38	6:40	1	-	21	5:17	6.38	41:05	6:26	1	-	4	6:33
Lap 4	2.34	15:54	6:47	1	-	21	5:21	8.72	56:59	6:32	1	-	4	8:39
Last lap Finish	1.30	8:05	6:13	1	-	19	2:28	10.00	1:05:04	6:30	1	-	21	21:04