



24. Arnstädter Citylauf
Arnstadt / 26.04.2014

Detailed evaluation

Krause, Sandra

Club: Erfurt
Number: 232

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 1:05:16

Speed: 9.19 km/h
Running performance: 6:32 min/km

Rank in course/Total: 100 (of 103)

Rank in course/Women: 22 (of 23)

Best time in course: 44:00

Rank in category: 1(of 1)

Best time in the category: 1:05:16

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	9:28	5:34	1	-	18	2:44	1.70	9:28	5:34	1	-	3	1:17
Lap 2	2.34	15:07	6:27	1	-	22	4:48	4.04	24:35	6:05	1	-	3	3:27
Lap 3	2.34	15:59	6:49	1	-	23	5:38	6.38	40:34	6:21	1	-	3	6:02
Lap 4	2.34	16:03	6:51	1	-	22	5:30	8.72	56:37	6:29	1	-	3	8:17
Last lap Finish	1.30	8:39	6:39	1	-	22	3:02	10.00	1:05:16	6:31	1	-	22	21:16