



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Krumbein, Elisabeth

Club: Pforzheim

Number: 233

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:05:44

Speed: 9.13 km/h

Running performance: 6:34 min/km

Rank in course/Total: 101 (of 103)

Rank in course/Women: 23 (of 23)

Best time in course: 44:00

Rank in category: 7(of 7)

Best time in the category: 44:00

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	9:39	5:40	6	2:40	20	2:55	1.70	9:39	5:40	6	2:34	2	1:28
Lap 2	2.34	15:04	6:26	7	4:45	21	4:45	4.04	24:43	6:07	7	7:19	2	3:35
Lap 3	2.34	15:55	6:48	7	5:34	22	5:34	6.38	40:38	6:22	7	12:53	2	6:06
Lap 4	2.34	16:11	6:54	7	5:38	23	5:38	8.72	56:49	6:30	7	18:31	2	8:29
Last lap Finish	1.30	8:55	6:51	7	3:18	23	3:18	10.00	1:05:44	6:34	7	21:44	23	21:44