



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Hausdorf, Karola

Club: Rennsteiglaufverein Saalfeld

Number: 77

Course: 5.00 km

Autohaus Gebrüder Kühn 5-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 27:28

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 28 (of 39)

Rank in course/Women: 8 (of 14)

Best time in course: 22:10

Rank in category: 1(of 1)

Best time in the category: 27:28

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	1.39	6:46	4:52	1	-	8	1:12	1.39	6:46	4:52	1	-	5	1:09
Lap 2	2.35	13:08	5:35	1	-	8	2:37	3.74	19:54	5:19	1	-	5	3:27
Last lap Finish	1.30	7:34	5:49	1	-	9	1:33	5.00	27:28	5:29	1	-	8	5:18