



24. Arnstädter Citylauf

Arnstadt / 26.04.2014

Detailed evaluation

Voß, Anika

Club: ASV Erfurt

Number: 303

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 44:32

Speed: 13.47 km/h

Running performance: 4:27 min/km

Rank in course/Total: 32 (of 103)

Rank in course/Women: 2 (of 23)

Best time in course: 44:00

Rank in category: 2 (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 |
| Lap 1 | 1.70 | 6:59 | 4:06 | 1 | - | 2 | 0:15 | 1.70 | 6:59 | 4:06 | 2 | | 23 |
| Lap 2 | 2.34 | 10:40 | 4:33 | 2 | 0:21 | 2 | 0:21 | 4.04 | 17:39 | 4:22 | 2 | 0:15 | 23 |
| Lap 3 | 2.34 | 10:36 | 4:31 | 2 | 0:15 | 2 | 0:15 | 6.38 | 28:15 | 4:25 | 2 | 0:30 | 23 |
| Lap 4 | 2.34 | 10:40 | 4:33 | 2 | 0:07 | 2 | 0:07 | 8.72 | 38:55 | 4:27 | 2 | 0:37 | 23 |
| Last lap Finish | 1.30 | 5:37 | 4:19 | 1 | - | 1 | - | 10.00 | 44:32 | 4:27 | 2 | 0:32 | 2 0:32 |