



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Ortlof, Anika

Club: Erfurt
Number: 361

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 43:14

Speed: 13.88 km/h
Running performance: 4:19 min/km

Rank in course/Total: 32 (of 127)

Rank in course/Women: 1 (of 22)

Best time in course: 43:14

Rank in category: 1(of 2)

Best time in the category: 43:14

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	1.67	6:55	4:08	1	-	2	0:24	1.67	6:55	4:08	1	-	2	0:24
Lap 2	2.35	10:07	4:18	1	-	1	-	4.02	17:02	4:14	1	-	1	-
Lap 3	2.35	10:20	4:23	1	-	1	-	6.37	27:22	4:17	1	-	1	-
Lap 4	2.35	10:14	4:21	1	-	1	-	8.72	37:36	4:18	1	-	1	-
Last lap Finish	1.28	5:38	4:24	1	-	1	-	10.00	43:14	4:19	1	-	1	-