



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

**Beyer, Nicole**

Club: SV Ictershausen  
Number: 304

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 48:02

Speed: 12.49 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 63 (of 127)

Rank in course/Women: 4 (of 22)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 48:02

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	1.67	7:26	4:27	1	-	4	0:55	1.67	7:26	4:27	1	-	4	0:55
Lap 2	2.35	11:10	4:45	1	-	4	1:03	4.02	18:36	4:37	1	-	4	1:34
Lap 3	2.35	11:27	4:52	1	-	4	1:07	6.37	30:03	4:43	1	-	4	2:41
Lap 4	2.35	11:35	4:55	1	-	4	1:21	8.72	41:38	4:46	1	-	4	4:02
Last lap Finish	1.28	6:24	5:00	1	-	5	0:46	10.00	48:02	4:48	1	-	4	4:48