



25. Arnstädter Citylauf  
Arnstadt / 25.04.2015

Detailed evaluation

Kopper, Uta

Club: Rennsteigstaffel X-Fab/Melexis  
Number: 434

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 49:56

Speed: 12.02 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 81 (of 127)

Rank in course/Women: 5 (of 22)

Best time in course: 43:14

Rank in category: 1(of 4)

Best time in the category: 49:56

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	7:33	4:31	1	-	6	1:02	1.67	7:33	4:31	1	-	6	1:02
Lap 2	2.35	11:31	4:54	1	-	7	1:24	4.02	19:04	4:44	1	-	6	2:02
Lap 3	2.35	11:53	5:03	1	-	7	1:33	6.37	30:57	4:51	1	-	5	3:35
Lap 4	2.35	12:11	5:11	1	-	8	1:57	8.72	43:08	4:56	1	-	5	5:32
Last lap Finish	1.28	6:48	5:18	1	-	8	1:10	10.00	49:56	4:59	1	-	5	6:42