



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Reiche, Cassandra

Club: SV Ictershausen
Number: 363

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 49:57

Speed: 12.01 km/h
Running performance: 5:00 min/km

Rank in course/Total: 82 (of 127)

Rank in course/Women: 6 (of 22)

Best time in course: 43:14

Rank in category: 2(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	7:31	4:30	2	0:36	5	1:00	1.67	7:31	4:30	2	0:36	5	1:00
Lap 2	2.35	11:22	4:50	2	1:15	5	1:15	4.02	18:53	4:41	2	1:51	5	1:51
Lap 3	2.35	12:19	5:14	2	1:59	9	1:59	6.37	31:12	4:53	2	3:50	6	3:50
Lap 4	2.35	12:24	5:16	2	2:10	10	2:10	8.72	43:36	5:00	2	6:00	8	6:00
Last lap Finish	1.28	6:21	4:57	2	0:43	4	0:43	10.00	49:57	4:59	2	6:43	6	6:43