



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

End, cornelia

Club: psv eR
Number: 314

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 50:08

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 85 (of 127)

Rank in course/Women: 7 (of 22)

Best time in course: 43:14

Rank in category: 1(of 1)

Best time in the category: 50:08

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	8:05	4:50	1	-	9	1:34	1.67	8:05	4:50	1	-	9	1:34
Lap 2	2.35	11:29	4:53	1	-	6	1:22	4.02	19:34	4:52	1	-	7	2:32
Lap 3	2.35	11:49	5:01	1	-	5	1:29	6.37	31:23	4:55	1	-	7	4:01
Lap 4	2.35	12:02	5:07	1	-	6	1:48	8.72	43:25	4:58	1	-	7	5:49
Last lap Finish	1.28	6:43	5:14	1	-	7	1:05	10.00	50:08	5:00	1	-	7	6:54