



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Kolarzik, Dagmar

Club: Erfurt
Number: 341

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 50:34

Speed: 11.87 km/h
Running performance: 5:04 min/km

Rank in course/Total: 89 (of 127)

Rank in course/Women: 8 (of 22)

Best time in course: 43:14

Rank in category: 1(of 3)

Best time in the category: 50:34

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	8:05	4:50	1	-	9	1:34	1.67	8:05	4:50	1	-	9	1:34
Lap 2	2.35	11:40	4:57	1	-	9	1:33	4.02	19:45	4:54	1	-	8	2:43
Lap 3	2.35	11:49	5:01	1	-	5	1:29	6.37	31:34	4:57	1	-	8	4:12
Lap 4	2.35	11:43	4:59	1	-	5	1:29	8.72	43:17	4:57	1	-	6	5:41
Last lap Finish	1.28	7:17	5:41	1	-	11	1:39	10.00	50:34	5:03	1	-	8	7:20