



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Kolarzik, Nina

Club: Erfurt
Number: 342

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
weibliche Jugend U20 (18-19 Jahre)

Total time: 50:37

Speed: 11.85 km/h
Running performance: 5:04 min/km

Rank in course/Total: 90 (of 127)

Rank in course/Women: 9 (of 22)

Best time in course: 43:14

Rank in category: 1(of 1)

Best time in the category: 50:37

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	8:06	4:51	1	-	11	1:35	1.67	8:06	4:51	1	-	11	1:35
Lap 2	2.35	11:39	4:57	1	-	8	1:32	4.02	19:45	4:54	1	-	8	2:43
Lap 3	2.35	12:16	5:13	1	-	8	1:56	6.37	32:01	5:01	1	-	9	4:39
Lap 4	2.35	12:05	5:08	1	-	7	1:51	8.72	44:06	5:03	1	-	9	6:30
Last lap Finish	1.28	6:31	5:05	1	-	6	0:53	10.00	50:37	5:03	1	-	9	7:23