



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Köhler, Ljuba

Club: LSV Lok Arnstadt
Number: 340

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 51:24

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 94 (of 127)

Rank in course/Women: 10 (of 22)

Best time in course: 43:14

Rank in category: 2(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	8:03	4:49	2	0:30	8	1:32	1.67	8:03	4:49	2	0:30	8	1:32
Lap 2	2.35	12:00	5:06	2	0:29	10	1:53	4.02	20:03	4:59	2	0:59	11	3:01
Lap 3	2.35	12:20	5:14	2	0:27	10	2:00	6.37	32:23	5:05	2	1:26	11	5:01
Lap 4	2.35	12:13	5:11	2	0:02	9	1:59	8.72	44:36	5:06	2	1:28	10	7:00
Last lap Finish	1.28	6:48	5:18	1	-	8	1:10	10.00	51:24	5:08	2	1:28	10	8:10