



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Barabasch, Kristin

Club: Arnstadt

Number: 301

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 51:47

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 99 (of 127)

Rank in course/Women: 11 (of 22)

Best time in course: 43:14

Rank in category: 2(of 3)

Best time in the category: 44:08

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 | 7:38 | 4:34 | 2 | 0:41 | 7 | 1:07 | 1.67 | 7:38 | 4:34 | 2 | 0:41 | 7 | 1:07 |
| Lap 2 | 2.35 | 12:08 | 5:09 | 2 | 1:49 | 11 | 2:01 | 4.02 | 19:46 | 4:55 | 2 | 2:30 | 10 | 2:44 |
| Lap 3 | 2.35 | 12:32 | 5:19 | 2 | 2:07 | 11 | 2:12 | 6.37 | 32:18 | 5:04 | 2 | 4:37 | 10 | 4:56 |
| Lap 4 | 2.35 | 12:36 | 5:21 | 2 | 2:03 | 11 | 2:22 | 8.72 | 44:54 | 5:08 | 2 | 6:40 | 11 | 7:18 |
| Last lap Finish | 1.28 | 6:53 | 5:22 | 2 | 0:59 | 10 | 1:15 | 10.00 | 51:47 | 5:10 | 2 | 7:39 | 11 | 8:33 |