



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Schärf, Rita

Club: Arnstadt

Number: 370

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 55:32

Speed: 10.80 km/h

Running performance: 5:33 min/km

Rank in course/Total: 111 (of 127)

Rank in course/Women: 12 (of 22)

Best time in course: 43:14

Rank in category: 2(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 | 8:35 | 5:08 | 2 | 0:30 | 16 | 2:04 | 1.67 | 8:35 | 5:08 | 2 | 0:30 | 16 | 2:04 |
| Lap 2 | 2.35 | 12:50 | 5:27 | 2 | 1:10 | 13 | 2:43 | 4.02 | 21:25 | 5:19 | 2 | 1:40 | 13 | 4:23 |
| Lap 3 | 2.35 | 13:11 | 5:36 | 2 | 1:22 | 12 | 2:51 | 6.37 | 34:36 | 5:25 | 2 | 3:02 | 12 | 7:14 |
| Lap 4 | 2.35 | 13:22 | 5:41 | 2 | 1:39 | 12 | 3:08 | 8.72 | 47:58 | 5:30 | 2 | 4:41 | 12 | 10:22 |
| Last lap Finish | 1.28 | 7:34 | 5:54 | 2 | 0:17 | 13 | 1:56 | 10.00 | 55:32 | 5:33 | 2 | 4:58 | 12 | 12:18 |