



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	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	8:35	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