



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Voigtmann, Sandra

Club: Ichttershausen
Number: 390

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 56:05

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 113 (of 127)

Rank in course/Women: 13 (of 22)

Best time in course: 43:14

Rank in category: 2(of 3)

Best time in the category: 48:02

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	8:22	5:00	2	0:56	13	1:51	1.67	8:22	5:00	2	0:56	13	1:51
Lap 2	2.35	13:10	5:36	2	2:00	14	3:03	4.02	21:32	5:21	2	2:56	15	4:30
Lap 3	2.35	13:24	5:42	2	1:57	13	3:04	6.37	34:56	5:29	2	4:53	13	7:34
Lap 4	2.35	13:39	5:48	2	2:04	13	3:25	8.72	48:35	5:34	2	6:57	13	10:59
Last lap Finish	1.28	7:30	5:51	2	1:06	12	1:52	10.00	56:05	5:36	2	8:03	13	12:51