



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Erdmann, Stephanie

Club: LSV Lok Arnstadt

Number: 315

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 57:37

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 117 (of 127)

Rank in course/Women: 15 (of 22)

Best time in course: 43:14

Rank in category: 3(of 3)

Best time in the category: 44:08

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	8:39	5:10	3	1:42	17	2:08	1.67	8:39	5:10	3	1:42	17	2:08
Lap 2	2.35	13:27	5:43	3	3:08	17	3:20	4.02	22:06	5:29	3	4:50	17	5:04
Lap 3	2.35	13:49	5:52	3	3:24	14	3:29	6.37	35:55	5:38	3	8:14	16	8:33
Lap 4	2.35	14:06	6:00	3	3:33	15	3:52	8.72	50:01	5:44	3	11:47	16	12:25
Last lap Finish	1.28	7:36	5:56	3	1:42	14	1:58	10.00	57:37	5:45	3	13:29	15	14:23