



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Leyh, Sylvia

Club: Suhl

Number: 349

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 59:14

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 119 (of 127)

Rank in course/Women: 17 (of 22)

Best time in course: 43:14

Rank in category: 3(of 3)

Best time in the category: 48:02

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	1.67	8:45	5:14	3	1:19	18	2:14	1.67	8:45	5:14	3	1:19	18	2:14
Lap 2	2.35	13:59	5:57	3	2:49	19	3:52	4.02	22:44	5:39	3	4:08	18	5:42
Lap 3	2.35	14:09	6:01	3	2:42	17	3:49	6.37	36:53	5:47	3	6:50	17	9:31
Lap 4	2.35	14:19	6:05	3	2:44	16	4:05	8.72	51:12	5:52	3	9:34	17	13:36
Last lap Finish	1.28	8:02	6:16	3	1:38	16	2:24	10.00	59:14	5:55	3	11:12	17	16:00