



25. Arnstädter Citylauf
Arnstadt / 25.04.2015

Detailed evaluation

Kletzin, Almut

Club: Ilmenau
Number: 422

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:59

Speed: 9.68 km/h
Running performance: 6:12 min/km

Rank in course/Total: 122 (of 127)

Rank in course/Women: 19 (of 22)

Best time in course: 43:14

Rank in category: 3(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	8:57	5:21	3	0:52	19	2:26	1.67	8:57	5:21	3	0:52	19	2:26
Lap 2	2.35	14:07	6:00	3	2:27	20	4:00	4.02	23:04	5:44	3	3:19	20	6:02
Lap 3	2.35	14:45	6:16	3	2:56	19	4:25	6.37	37:49	5:56	3	6:15	19	10:27
Lap 4	2.35	15:21	6:31	3	3:38	19	5:07	8.72	53:10	6:05	3	9:53	19	15:34
Last lap Finish	1.28	8:49	6:53	3	1:32	21	3:11	10.00	1:01:59	6:11	3	11:25	19	18:45