



25. Arnstädter Citylauf

Arnstadt / 25.04.2015

Detailed evaluation

Nehrig, Marita

Club: KS-Sportsworld / SV02 Arnstadt
Number: 356

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:04

Speed: 9.37 km/h
Running performance: 6:25 min/km

Rank in course/Total: 123 (of 127)

Rank in course/Women: 20 (of 22)

Best time in course: 43:14

Rank in category: 4(of 4)

Best time in the category: 49:56

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	9:40	5:47	4	2:07	21	3:09	1.67	9:40	5:47	4	2:07	21	3:09
Lap 2	2.35	14:35	6:12	4	3:04	21	4:28	4.02	24:15	6:01	4	5:11	21	7:13
Lap 3	2.35	15:27	6:34	4	3:34	21	5:07	6.37	39:42	6:13	4	8:45	20	12:20
Lap 4	2.35	15:47	6:42	4	3:36	21	5:33	8.72	55:29	6:21	4	12:21	20	17:53
Last lap Finish	1.28	8:35	6:42	4	1:47	19	2:57	10.00	1:04:04	6:24	4	14:08	20	20:50