



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Beyer, Nicole

Club: SV Ictershausen
Number: 207

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 48:09

Speed: 12.46 km/h
Running performance: 4:49 min/km

Rank in course/Total: 39 (of 84)
Rank in course/Women: 4 (of 23)
Best time in course: 41:13

Rank in category: 1(of 2)
Best time in the category: 48:09

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	7:43	4:37	1	-	6	1:11	1.67	7:43	4:37	1	-	6	1:11
Lap 2	2.35	11:07	4:43	1	-	3	1:31	4.02	18:50	4:41	1	-	4	2:42
Lap 3	2.35	11:31	4:54	1	-	3	1:37	6.37	30:21	4:45	1	-	4	4:19
Lap 4	2.35	11:36	4:56	1	-	5	1:47	8.72	41:57	4:48	1	-	4	6:06
Last lap Finish	1.28	6:12	4:50	1	-	4	0:52	10.00	48:09	4:48	1	-	4	6:56