



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Löffler, Juliana

Club: LAC Eichsfeld
Number: 224

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 49:45

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 52 (of 84)
Rank in course/Women: 7 (of 23)
Best time in course: 41:13

Rank in category: 1(of 4)
Best time in the category: 49:45

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	7:45	4:38	1	-	7	1:13	1.67	7:45	4:38	1	-	7	1:13
Lap 2	2.35	11:42	4:58	1	-	6	2:06	4.02	19:27	4:50	1	-	7	3:19
Lap 3	2.35	11:57	5:05	1	-	7	2:03	6.37	31:24	4:55	1	-	6	5:22
Lap 4	2.35	11:59	5:05	1	-	8	2:10	8.72	43:23	4:58	1	-	7	7:32
Last lap Finish	1.28	6:22	4:58	1	-	8	1:02	10.00	49:45	4:58	1	-	7	8:32