



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Deckert, Lisa

Club: LG Erfurt e.V.
Number: 272

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 49:45

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

Rank in course/Total: 51 (of 84)
Rank in course/Women: 7 (of 23)
Best time in course: 41:13

Rank in category: 3(of 6)
Best time in the category: 41:13

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	8:01	4:48	4	1:29	10	1:29	1.67	8:01	4:48	4	1:29	10	1:29
Lap 2	2.35	11:57	5:05	4	2:21	9	2:21	4.02	19:58	4:58	4	3:50	9	3:50
Lap 3	2.35	11:52	5:02	3	1:58	6	1:58	6.37	31:50	4:59	4	5:48	9	5:48
Lap 4	2.35	11:40	4:57	3	1:51	6	1:51	8.72	43:30	4:59	3	7:39	8	7:39
Last lap Finish	1.28	6:15	4:52	3	0:55	6	0:55	10.00	49:45	4:58	3	8:32	7	8:32