



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Baerwolf, Silvia

Club: Lauftreff Breitungen
Number: 287

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W55 (55-59 Jahre)

Total time: 49:28

Speed: 12.13 km/h
Running performance: 4:57 min/km

Rank in course/Total: 49 (of 84)
Rank in course/Women: 6 (of 23)
Best time in course: 41:13

Rank in category: 1(of 1)
Best time in the category: 49:28

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	8:00	4:47	1	-	9	1:28	1.67	8:00	4:47	1	-	9	1:28
Lap 2	2.35	11:55	5:04	1	-	8	2:19	4.02	19:55	4:57	1	-	8	3:47
Lap 3	2.35	11:51	5:02	1	-	5	1:57	6.37	31:46	4:59	1	-	8	5:44
Lap 4	2.35	11:35	4:55	1	-	4	1:46	8.72	43:21	4:58	1	-	6	7:30
Last lap Finish	1.28	6:07	4:46	1	-	3	0:47	10.00	49:28	4:56	1	-	6	8:15