



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Erdmann, Stefanie

Club: LSV Lok Arnstadt
Number: 209

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 51:50

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 57 (of 84)

Rank in course/Women: 10 (of 23)

Best time in course: 41:13

Rank in category: 2 (of 3)

Best time in the category: 49:26

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	7:59	4:46	2	0:33	8	1:27	1.67	7:59	4:46	2	0:33	8	1:27
Lap 2	2.35	12:03	5:07	2	0:15	11	2:27	4.02	20:02	4:59	2	0:48	10	3:54
Lap 3	2.35	12:33	5:20	2	0:34	10	2:39	6.37	32:35	5:06	2	1:22	10	6:33
Lap 4	2.35	12:37	5:22	2	0:45	9	2:48	8.72	45:12	5:11	2	2:07	10	9:21
Last lap Finish	1.28	6:38	5:10	2	0:17	9	1:18	10.00	51:50	5:11	2	2:24	10	10:37