



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Esche, Sonja

Club: LSV Lok Arnstadt

Number: 282

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 52:20

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 60 (of 84)

Rank in course/Women: 11 (of 23)

Best time in course: 41:13

Rank in category: 2 (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		Total		Total		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	8:27	5:03	3	0:42	15	1:55	1.67	8:27	5:03	3	0:42	15	1:55	
Lap 2	2.35	12:00	5:06	2	0:18	10	2:24	4.02	20:27	5:05	2	1:00	12	4:19	
Lap 3	2.35	12:21	5:15	2	0:24	9	2:27	6.37	32:48	5:08	2	1:24	11	6:46	
Lap 4	2.35	12:37	5:22	2	0:38	9	2:48	8.72	45:25	5:12	2	2:02	11	9:34	
Last lap Finish	1.28	6:55	5:24	2	0:33	12	1:35	10.00	52:20	5:14	2	2:35	11	11:07	