



# 26. Arnstädter Citylauf

Arnstadt / 30.04.2016

## Detailed evaluation

Schramm, Thérèse

Club: RunningGag  
Number: 233

Course: 10.00 km  
Schwenninger 10-km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 53:27

Speed: 11.23 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 64 (of 84)  
Rank in course/Women: 12 (of 23)  
Best time in course: 41:13

Rank in category: 5(of 6)  
Best time in the category: 41:13

### 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	8:06	4:51	5	1:34	11	1:34	1.67	8:06	4:51	5	1:34	11	1:34	
Lap 2	2.35	12:18	5:14	5	2:42	12	2:42	4.02	20:24	5:04	5	4:16	11	4:16	
Lap 3	2.35	12:53	5:28	5	2:59	13	2:59	6.37	33:17	5:13	5	7:15	12	7:15	
Lap 4	2.35	13:18	5:39	5	3:29	14	3:29	8.72	46:35	5:20	5	10:44	12	10:44	
Last lap Finish	1.28	6:52	5:21	5	1:32	11	1:32	10.00	53:27	5:20	5	12:14	12	12:14	