



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Grosser, Ulrike

Club: barmer-gel
Number: 266

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 54:25

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 70 (of 84)
Rank in course/Women: 14 (of 23)
Best time in course: 41:13

Rank in category: 3(of 4)
Best time in the category: 48:02

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	8:06	4:51	2	0:31	11	1:34	1.67	8:06	4:51	2	0:31	11	1:34
Lap 2	2.35	12:40	5:23	3	1:29	16	3:04	4.02	20:46	5:09	2	2:00	14	4:38
Lap 3	2.35	13:10	5:36	3	1:37	15	3:16	6.37	33:56	5:19	3	3:37	15	7:54
Lap 4	2.35	13:25	5:42	3	1:54	15	3:36	8.72	47:21	5:25	3	5:31	14	11:30
Last lap Finish	1.28	7:04	5:31	3	0:52	15	1:44	10.00	54:25	5:26	3	6:23	14	13:12