



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Voigtmann, Sandra

Club: fast&slow
Number: 242

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 54:28

Speed: 11.02 km/h
Running performance: 5:27 min/km

Rank in course/Total: 71 (of 84)
Rank in course/Women: 15 (of 23)
Best time in course: 41:13

Rank in category: 2(of 2)
Best time in the category: 48:09

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	8:32	5:06	2	0:49	17	2:00	1.67	8:32	5:06	2	0:49	17	2:00
Lap 2	2.35	12:39	5:22	2	1:32	15	3:03	4.02	21:11	5:16	2	2:21	17	5:03
Lap 3	2.35	13:00	5:31	2	1:29	14	3:06	6.37	34:11	5:21	2	3:50	16	8:09
Lap 4	2.35	13:16	5:38	2	1:40	13	3:27	8.72	47:27	5:26	2	5:30	15	11:36
Last lap Finish	1.28	7:01	5:28	2	0:49	14	1:41	10.00	54:28	5:26	2	6:19	15	13:15