



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Barabasch, Kristin

Club: N3 Engine Overhaul Services

Number: 206

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 49:26

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 47 (of 84)

Rank in course/Women: 5 (of 23)

Best time in course: 41:13

Rank in category: 1(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. | Stage score | | 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 | 7:26 | 4:27 | 1 | - | 3 | 0:54 | 1.67 | 7:26 | 4:27 | 1 | - | 3 | 0:54 |
| Lap 2 | 2.35 | 11:48 | 5:01 | 1 | - | 7 | 2:12 | 4.02 | 19:14 | 4:47 | 1 | - | 6 | 3:06 |
| Lap 3 | 2.35 | 11:59 | 5:05 | 1 | - | 8 | 2:05 | 6.37 | 31:13 | 4:54 | 1 | - | 5 | 5:11 |
| Lap 4 | 2.35 | 11:52 | 5:02 | 1 | - | 7 | 2:03 | 8.72 | 43:05 | 4:56 | 1 | - | 5 | 7:14 |
| Last lap Finish | 1.28 | 6:21 | 4:57 | 1 | - | 7 | 1:01 | 10.00 | 49:26 | 4:56 | 1 | - | 5 | 8:13 |