



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Baudisch, Katharina

Club: Ltv Obereichsfeld

Number: 258

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 55:57

Speed: 10.72 km/h

Running performance: 5:36 min/km

Rank in course/Total: 75 (of 84)

Rank in course/Women: 16 (of 23)

Best time in course: 41:13

Rank in category: 3(of 4)

Best time in the category: 49:45

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	8:08	4:52	2	0:23	14	1:36	1.67	8:08	4:52	2	0:23	14	1:36
Lap 2	2.35	12:49	5:27	3	1:07	17	3:13	4.02	20:57	5:12	3	1:30	15	4:49
Lap 3	2.35	13:28	5:43	3	1:31	17	3:34	6.37	34:25	5:24	3	3:01	17	8:23
Lap 4	2.35	14:05	5:59	3	2:06	17	4:16	8.72	48:30	5:33	3	5:07	17	12:39
Last lap Finish	1.28	7:27	5:49	3	1:05	16	2:07	10.00	55:57	5:35	3	6:12	16	14:44