



26. Arnstädter Citylauf

Arnstadt / 30.04.2016

Detailed evaluation

Baudisch, Theresa

Club: Eichsfelder Gockerl Verein
Number: 259

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 55:57

Speed: 10.72 km/h
Running performance: 5:36 min/km

Rank in course/Total: 74 (of 84)
Rank in course/Women: 16 (of 23)

Best time in course: 41:13

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

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	8:07	4:51	6	1:35	13	1:35	1.67	8:07	4:51	6	1:35	13	1:35	
Lap 2	2.35	12:30	5:19	6	2:54	13	2:54	4.02	20:37	5:07	6	4:29	13	4:29	
Lap 3	2.35	13:16	5:38	6	3:22	16	3:22	6.37	33:53	5:19	6	7:51	13	7:51	
Lap 4	2.35	13:49	5:52	6	4:00	16	4:00	8.72	47:42	5:28	6	11:51	16	11:51	
Last lap Finish	1.28	8:15	6:26	6	2:55	22	2:55	10.00	55:57	5:35	6	14:44	16	14:44	