



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Hoering, Vicky

Number: 273

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:28

Speed: 10.26 km/h

Running performance: 5:51 min/km

Rank in course/Total: 77 (of 84)

Rank in course/Women: 18 (of 23)

Best time in course: 41:13

Rank in category: 4(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	8:50	5:17	4	1:15	19	2:18	1.67	8:50	5:17	4	1:15	19	2:18
Lap 2	2.35	13:39	5:48	4	2:28	19	4:03	4.02	22:29	5:35	4	3:43	19	6:21
Lap 3	2.35	14:04	5:59	4	2:31	18	4:10	6.37	36:33	5:44	4	6:14	19	10:31
Lap 4	2.35	14:13	6:02	4	2:42	18	4:24	8.72	50:46	5:49	4	8:56	18	14:55
Last lap Finish	1.28	7:42	6:00	4	1:30	17	2:22	10.00	58:28	5:50	4	10:26	18	17:15