



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Krause, Diane

Club: ..

Number: 221

Course: 10.00 km

Schwenninger 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:02

Speed: 9.67 km/h

Running performance: 6:12 min/km

Rank in course/Total: 82 (of 84)

Rank in course/Women: 21 (of 23)

Best time in course: 41:13

Rank in category: 2(of 2)

Best time in the category: 59:29

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	9:38	5:46	2	0:56	21	3:06	1.67	9:38	5:46	2	0:56	21	3:06
Lap 2	2.35	14:25	6:08	2	0:55	21	4:49	4.02	24:03	5:58	2	1:51	21	7:55
Lap 3	2.35	14:40	6:14	2	0:20	21	4:46	6.37	38:43	6:04	2	2:11	21	12:41
Lap 4	2.35	15:12	6:28	2	0:15	22	5:23	8.72	53:55	6:10	2	2:26	21	18:04
Last lap Finish	1.28	8:07	6:20	2	0:07	21	2:47	10.00	1:02:02	6:12	2	2:33	21	20:49