



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Nehrig, Marita

Club: ks-Sportsworld
Number: 276

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:02:09

Speed: 9.65 km/h
Running performance: 6:13 min/km

Rank in course/Total: 83 (of 84)
Rank in course/Women: 22 (of 23)
Best time in course: 41:13

Rank in category: 4(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	9:45	5:50	4	2:00	22	3:13	1.67	9:45	5:50	4	2:00	22	3:13
Lap 2	2.35	14:25	6:08	4	2:43	21	4:49	4.02	24:10	6:00	4	4:43	22	8:02
Lap 3	2.35	14:48	6:17	4	2:51	22	4:54	6.37	38:58	6:07	4	7:34	22	12:56
Lap 4	2.35	15:06	6:25	4	3:07	21	5:17	8.72	54:04	6:12	4	10:41	22	18:13
Last lap Finish	1.28	8:05	6:18	4	1:43	20	2:45	10.00	1:02:09	6:12	4	12:24	22	20:56