



26. Arnstädter Citylauf
Arnstadt / 30.04.2016

Detailed evaluation

Kremzow, Heidi

Club: Treiser LWT
Number: 243

Course: 10.00 km
Schwenninger 10-km-Lauf

Category:
Seniorinnen W60 (60-64 Jahre)

Total time: 1:03:10

Speed: 9.50 km/h
Running performance: 6:19 min/km

Rank in course/Total: 84 (of 84)
Rank in course/Women: 23 (of 23)
Best time in course: 41:13
Rank in category: 1(of 1)
Best time in the category: 1:03:10

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 | 1 | - | 22 | 3:13 | 1.67 | 9:45 | 5:50 | 1 | - | 22 | 3:13 |
| Lap 2 | 2.35 | 14:32 | 6:11 | 1 | - | 23 | 4:56 | 4.02 | 24:17 | 6:02 | 1 | - | 23 | 8:09 |
| Lap 3 | 2.35 | 15:09 | 6:26 | 1 | - | 23 | 5:15 | 6.37 | 39:26 | 6:11 | 1 | - | 23 | 13:24 |
| Lap 4 | 2.35 | 15:26 | 6:34 | 1 | - | 23 | 5:37 | 8.72 | 54:52 | 6:17 | 1 | - | 23 | 19:01 |
| Last lap Finish | 1.28 | 8:18 | 6:29 | 1 | - | 23 | 2:58 | 10.00 | 1:03:10 | 6:18 | 1 | - | 23 | 21:57 |