



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

RÖDER, Katja

Club: Die Schwenninger Krankenkasse
Number: 223

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W30 (30-34 Jahre)

Total time: 45:43

Speed: 13.12 km/h
Running performance: 4:34 min/km

Rank in course/Total: 25 (of 62)

Rank in course/Women: 2 (of 17)

Best time in course: 45:15

Rank in category: 1(of 2)

Best time in the category: 45:43

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	7:24	4:25	1	-	4	0:14	1.67	7:24	4:25	1	-	4	0:14
Lap 2	2.35	10:59	4:40	1	-	2	0:18	4.02	18:23	4:34	1	-	2	0:32
Lap 3	2.35	10:44	4:34	1	-	1	-	6.37	29:07	4:34	1	-	2	0:31
Lap 4	2.35	10:30	4:28	1	-	1	-	8.72	39:37	4:32	1	-	2	0:14
Last lap Finish	1.28	6:06	4:45	1	-	2	0:14	10.00	45:43	4:34	1	-	2	0:28