



27. Arnstädter Citylauf  
 Arnstadt / 29.04.2017

Detailed evaluation

Hilpert, Carolin

Club: GMRLV  
 Number: 255

Course: 10.00 km  
 n3 10-km-Lauf

Category:  
 Frauen (20-29 Jahre)

Total time: 49:50

Speed: 12.04 km/h  
 Running performance: 4:59 min/km

Rank in course/Total: 35 (of 62)  
 Rank in course/Women: 5 (of 17)

Best time in course: 45:15  
 Rank in category: 2(of 3)  
 Best time in the category: 45:15

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	7:17	4:21	2	0:07	2	0:07	1.67	7:17	4:21	2	0:07	2	0:07
Lap 2	2.35	11:37	4:56	2	0:56	4	0:56	4.02	18:54	4:42	2	1:03	3	1:03
Lap 3	2.35	12:08	5:09	2	1:23	5	1:24	6.37	31:02	4:52	2	2:26	4	2:26
Lap 4	2.35	12:21	5:15	2	1:34	5	1:51	8.72	43:23	4:58	2	4:00	5	4:00
Last lap Finish	1.28	6:27	5:02	2	0:35	3	0:35	10.00	49:50	4:59	2	4:35	5	4:35