



27. Arnstädter Citylauf  
 Arnstadt / 29.04.2017

Detailed evaluation

MACHATSCHEK, Lisa

Club: -  
 Number: 219

Course: 10.00 km  
 n3 10-km-Lauf

Category:  
 Frauen (20-29 Jahre)

Total time: 50:44  
 Speed: 11.83 km/h  
 Running performance: 5:04 min/km  
 Rank in course/Total: 37 (of 62)  
 Rank in course/Women: 6 (of 17)  
 Best time in course: 45:15  
 Rank in category: 3(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	7:33	4:31	3	0:23	5	0:23	1.67	7:33	4:31	3	0:23	5	0:23
Lap 2	2.35	11:53	5:03	3	1:12	6	1:12	4.02	19:26	4:50	3	1:35	6	1:35
Lap 3	2.35	12:10	5:10	3	1:25	6	1:26	6.37	31:36	4:57	3	3:00	6	3:00
Lap 4	2.35	12:29	5:18	3	1:42	7	1:59	8.72	44:05	5:03	3	4:42	6	4:42
Last lap Finish	1.28	6:39	5:11	3	0:47	5	0:47	10.00	50:44	5:04	3	5:29	6	5:29