



27. Arnstädter Citylauf
Arnstadt / 29.04.2017

Detailed evaluation

ERDMANN, Stephanie

Club: LSV Lok Arnstadt
Number: 203

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 51:29

Speed: 11.65 km/h
Running performance: 5:09 min/km

Rank in course/Total: 39 (of 62)
Rank in course/Women: 7 (of 17)
Best time in course: 45:15

Rank in category: 2(of 5)
Best time in the category: 49:16

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	8:00	4:47	2	0:41	7	0:50	1.67	8:00	4:47	2	0:41	7	0:50
Lap 2	2.35	12:00	5:06	2	0:17	7	1:19	4.02	20:00	4:58	2	0:58	7	2:09
Lap 3	2.35	12:15	5:12	2	0:30	7	1:31	6.37	32:15	5:03	2	1:28	7	3:39
Lap 4	2.35	12:27	5:17	2	0:31	6	1:57	8.72	44:42	5:07	2	1:59	7	5:19
Last lap Finish	1.28	6:47	5:17	2	0:14	7	0:55	10.00	51:29	5:08	2	2:13	7	6:14