



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**Ortlof, Anika**

Club: VfB Torpedo Ichtershausen

Number: 296

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 44:34

Speed: 13.46 km/h

Running performance: 4:28 min/km

Rank in course/Total: 19 (of 96)

Rank in course/Women: 2 (of 34)

Best time in course: 39:56

Rank in category: 2(of 12)

Best time in the category: 39:56

### 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	6:56	4:09	2	0:51	2	0:51	1.67	6:56	4:09	2	0:51	2	0:51
Lap 2	2.35	10:35	4:30	2	1:23	2	1:23	4.02	17:31	4:21	2	2:14	2	2:14
Lap 3	2.35	10:36	4:30	2	1:07	2	1:07	6.37	28:07	4:24	2	3:21	2	3:21
Lap 4	2.35	10:20	4:23	2	0:34	2	0:34	8.72	38:27	4:24	2	3:55	2	3:55
Last lap Finish	1.28	6:07	4:46	2	0:43	2	0:43	10.00	44:34	4:27	2	4:38	2	4:38