



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Beyer, Nicole

Club: SV Ictershausen

Number: 278

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 46:45

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 26 (of 96)

Rank in course/Women: 3 (of 34)

Best time in course: 39:56

Rank in category: 1(of 3)

Best time in the category: 46:45

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	7:12	4:18	1	-	3	1:07	1.67	7:12	4:18	1	-	3	1:07
Lap 2	2.35	10:48	4:35	1	-	3	1:36	4.02	18:00	4:28	1	-	5	2:43
Lap 3	2.35	11:04	4:42	1	-	3	1:35	6.37	29:04	4:33	1	-	3	4:18
Lap 4	2.35	11:17	4:48	1	-	3	1:31	8.72	40:21	4:37	1	-	3	5:49
Last lap Finish	1.28	6:24	5:00	1	-	3	1:00	10.00	46:45	4:40	1	-	3	6:49