



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KUSSAUER, Ines

Club: Saalfelder LV

Number: 229

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:18

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 44 (of 96)

Rank in course/Women: 4 (of 34)

Best time in course: 39:56

Rank in category: 2(of 3)

Best time in the category: 46:45

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	7:43	4:37	2	0:31	4	1:38	1.67	7:43	4:37	2	0:31	4	1:38
Lap 2	2.35	12:35	5:21	2	1:47	4	3:23	4.02	20:18	5:02	2	2:18	6	5:01
Lap 3	2.35	12:58	5:31	2	1:54	6	3:29	6.37	33:16	5:13	2	4:12	5	8:30
Lap 4	2.35	12:55	5:29	2	1:38	4	3:09	8.72	46:11	5:17	2	5:50	5	11:39
Last lap Finish	1.28	7:07	5:33	2	0:43	6	1:43	10.00	53:18	5:19	2	6:33	4	13:22