



28. Arnstädter Citylauf  
Arnstadt / 28.04.2018

Detailed evaluation

PAHN, Ingrid

Club: ZahnPAHN.de  
Number: 234

Course: 10.00 km  
n3 10-km-Lauf

Category:  
Seniorinnen W55 (55-59 Jahre)

Total time: 53:18

Speed: 11.26 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 45 (of 96)  
Rank in course/Women: 4 (of 34)  
Best time in course: 39:56

Rank in category: 1(of 2)  
Best time in the category: 53:18

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	8:08	4:52	1	-	5	2:03	1.67	8:08	4:52	1	-	5	2:03
Lap 2	2.35	12:37	5:22	1	-	5	3:25	4.02	20:45	5:09	1	-	7	5:28
Lap 3	2.35	12:30	5:19	1	-	4	3:01	6.37	33:15	5:13	1	-	4	8:29
Lap 4	2.35	12:55	5:29	1	-	4	3:09	8.72	46:10	5:17	1	-	4	11:38
Last lap Finish	1.28	7:08	5:34	1	-	7	1:44	10.00	53:18	5:19	1	-	4	13:22