



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Hildebrandt, Elke

Club: Dream Team Ilmenau

Number: 264

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 55:29

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 56 (of 96)

Rank in course/Women: 7 (of 34)

Best time in course: 39:56

Rank in category: 1(of 2)

Best time in the category: 55:29

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total | Total | Total | Pos | Behind | Pos | Behind |
|-----------------|----------|------------|--------------|----------|-------------|-----------|--------------|-------|-------|--------|------|--------|-------|--------|
| | | | | | | | | km | Time | min/km | Cat. | Cat. | Women | Women |
| Lap 1 | 1.67 | 8:09 | 4:52 | 1 | - | 6 | 2:04 | 1.67 | 8:09 | 4:52 | 1 | - | 6 | 2:04 |
| Lap 2 | 2.35 | 12:53 | 5:28 | 1 | - | 7 | 3:41 | 4.02 | 21:02 | 5:13 | 1 | - | 8 | 5:45 |
| Lap 3 | 2.35 | 13:14 | 5:37 | 1 | - | 7 | 3:45 | 6.37 | 34:16 | 5:22 | 1 | - | 6 | 9:30 |
| Lap 4 | 2.35 | 13:35 | 5:46 | 1 | - | 10 | 3:49 | 8.72 | 47:51 | 5:29 | 1 | - | 6 | 13:19 |
| Last lap Finish | 1.28 | 7:38 | 5:57 | 1 | - | 13 | 2:14 | 10.00 | 55:29 | 5:32 | 1 | - | 7 | 15:33 |