



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.	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	8:09	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