



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

KREMSE, Ann-Carolin

Club: TSV Motor Gispersleben

Number: 228

Course: 10.00 km

n3 10-km-Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 55:20

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 55 (of 96)

Rank in course/Women: 6 (of 34)

Best time in course: 39:56

Rank in category: 1(of 1)

Best time in the category: 55:20

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	9:10	5:29	1	-	18	3:05	1.67	9:10	5:29	1	-	18	3:05
Lap 2	2.35	12:54	5:29	1	-	8	3:42	4.02	22:04	5:29	1	-	13	6:47
Lap 3	2.35	12:56	5:30	1	-	5	3:27	6.37	35:00	5:29	1	-	12	10:14
Lap 4	2.35	13:26	5:42	1	-	8	3:40	8.72	48:26	5:33	1	-	9	13:54
Last lap Finish	1.28	6:54	5:23	1	-	5	1:30	10.00	55:20	5:31	1	-	6	15:24