



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

MACHALETT, Jessica

Club: SV Ictershausen

Number: 232

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 55:35

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 57 (of 96)

Rank in course/Women: 8 (of 34)

Best time in course: 39:56

Rank in category: 3(of 12)

Best time in the category: 39:56

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	8:23	5:01	3	2:18	8	2:18	1.67	8:23	5:01	3	2:18	8	2:18
Lap 2	2.35	12:59	5:31	3	3:47	11	3:47	4.02	21:22	5:18	5	6:05	11	6:05
Lap 3	2.35	13:22	5:41	3	3:53	12	3:53	6.37	34:44	5:27	3	9:58	9	9:58
Lap 4	2.35	13:31	5:45	3	3:45	9	3:45	8.72	48:15	5:31	3	13:43	8	13:43
Last lap Finish	1.28	7:20	5:43	3	1:56	8	1:56	10.00	55:35	5:33	3	15:39	8	15:39