



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

ZSCHACH, Manuela

Club: TSV Motor Gispersleben

Number: 250

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 56:17

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 59 (of 96)

Rank in course/Women: 9 (of 34)

Best time in course: 39:56

Rank in category: 1(of 6)

Best time in the category: 56:17

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	5	0:43	18	3:05	1.67	9:10	5:29	5	0:43	18	3:05
Lap 2	2.35	12:56	5:30	1	-	10	3:44	4.02	22:06	5:29	2	0:05	15	6:49
Lap 3	2.35	13:14	5:37	1	-	7	3:45	6.37	35:20	5:32	1	-	13	10:34
Lap 4	2.35	13:23	5:41	1	-	6	3:37	8.72	48:43	5:35	1	-	10	14:11
Last lap Finish	1.28	7:34	5:54	2	0:06	12	2:10	10.00	56:17	5:37	1	-	9	16:21