



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Schreyer, Annett

Club: Gotha
Number: 272

Course: 10.00 km
n3 10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 56:18

Speed: 10.66 km/h
Running performance: 5:38 min/km

Rank in course/Total: 60 (of 96)

Rank in course/Women: 10 (of 34)

Best time in course: 39:56

Rank in category: 1(of 3)

Best time in the category: 56:18

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	8:24	5:01	1	-	9	2:19	1.67	8:24	5:01	1	-	9	2:19
Lap 2	2.35	12:44	5:25	1	-	6	3:32	4.02	21:08	5:15	1	-	10	5:51
Lap 3	2.35	13:14	5:37	1	-	7	3:45	6.37	34:22	5:23	1	-	7	9:36
Lap 4	2.35	13:45	5:51	1	-	13	3:59	8.72	48:07	5:31	1	-	7	13:35
Last lap Finish	1.28	8:11	6:23	3	0:27	23	2:47	10.00	56:18	5:37	1	-	10	16:22