



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Ihling, Carmen

Club: KS Sportsworld

Number: 299

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 56:48

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 62 (of 96)

Rank in course/Women: 11 (of 34)

Best time in course: 39:56

Rank in category: 2(of 2)

Best time in the category: 53:18

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	8:51	5:17	2	0:43	15	2:46	1.67	8:51	5:17	2	0:43	15	2:46
Lap 2	2.35	13:14	5:37	2	0:37	12	4:02	4.02	22:05	5:29	2	1:20	14	6:48
Lap 3	2.35	13:17	5:39	2	0:47	10	3:48	6.37	35:22	5:33	2	2:07	14	10:36
Lap 4	2.35	13:41	5:49	2	0:46	12	3:55	8.72	49:03	5:37	2	2:53	11	14:31
Last lap Finish	1.28	7:45	6:03	2	0:37	17	2:21	10.00	56:48	5:40	2	3:30	11	16:52