



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

LÜCKE, Franziska

Club: TSV Motor Gispersleben

Number: 231

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 56:53

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 64 (of 96)

Rank in course/Women: 12 (of 34)

Best time in course: 39:56

Rank in category: 1(of 5)

Best time in the category: 56:53

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	9:24	5:37	2	0:05	21	3:19	1.67	9:24	5:37	2	0:05	21	3:19
Lap 2	2.35	13:39	5:48	1	-	19	4:27	4.02	23:03	5:44	1	-	22	7:46
Lap 3	2.35	13:41	5:49	2	0:24	15	4:12	6.37	36:44	5:45	1	-	21	11:58
Lap 4	2.35	13:23	5:41	1	-	6	3:37	8.72	50:07	5:44	1	-	15	15:35
Last lap Finish	1.28	6:46	5:17	1	-	4	1:22	10.00	56:53	5:41	1	-	12	16:57