



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Voigmann, Sandra

Club: SV Ictershausen

Number: 294

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 57:08

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 66 (of 96)

Rank in course/Women: 13 (of 34)

Best time in course: 39:56

Rank in category: 3(of 3)

Best time in the category: 46:45

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	8:11	4:54	3	0:59	7	2:06	1.67	8:11	4:54	3	0:59	7	2:06
Lap 2	2.35	12:55	5:29	3	2:07	9	3:43	4.02	21:06	5:14	3	3:06	9	5:49
Lap 3	2.35	13:35	5:46	3	2:31	13	4:06	6.37	34:41	5:26	3	5:37	8	9:55
Lap 4	2.35	14:32	6:11	3	3:15	22	4:46	8.72	49:13	5:38	3	8:52	12	14:41
Last lap Finish	1.28	7:55	6:11	3	1:31	20	2:31	10.00	57:08	5:42	3	10:23	13	17:12