



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

FLEISCHER, Juliane

Club: Kath. Laufjugend Arnstadt

Number: 208

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 57:26

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 68 (of 96)

Rank in course/Women: 14 (of 34)

Best time in course: 39:56

Rank in category: 2(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	8:51	5:17	3	0:24	15	2:46	1.67	8:51	5:17	3	0:24	15	2:46
Lap 2	2.35	13:28	5:43	2	0:32	15	4:16	4.02	22:19	5:33	3	0:18	19	7:02
Lap 3	2.35	14:00	5:57	3	0:46	17	4:31	6.37	36:19	5:42	2	0:59	16	11:33
Lap 4	2.35	13:39	5:48	2	0:16	11	3:53	8.72	49:58	5:43	2	1:15	13	15:26
Last lap Finish	1.28	7:28	5:49	1	-	9	2:04	10.00	57:26	5:44	2	1:09	14	17:30