



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Böttner, Sophie

Club: Arnstadt

Number: 257

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 58:32

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 70 (of 96)

Rank in course/Women: 16 (of 34)

Best time in course: 39:56

Rank in category: 4(of 12)

Best time in the category: 39:56

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos Cat.	Behind Cat.	Pos Women	Behind Women				Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	8:49	5:16	4	2:44	13	2:44	1.67	8:49	5:16	4	2:44	13	2:44
Lap 2	2.35	13:17	5:39	4	4:05	13	4:05	4.02	22:06	5:29	6	6:49	15	6:49
Lap 3	2.35	14:22	6:06	7	4:53	22	4:53	6.37	36:28	5:43	6	11:42	18	11:42
Lap 4	2.35	14:21	6:06	6	4:35	18	4:35	8.72	50:49	5:49	5	16:17	17	16:17
Last lap Finish	1.28	7:43	6:01	6	2:19	14	2:19	10.00	58:32	5:51	4	18:36	16	18:36