



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Becker, Ines

Club: Arnstadt

Number: 258

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 58:33

Speed: 10.25 km/h

Running performance: 5:52 min/km

Rank in course/Total: 71 (of 96)

Rank in course/Women: 17 (of 34)

Best time in course: 39:56

Rank in category: 3(of 3)

Best time in the category: 56:18

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	8:49	5:16	3	0:25	13	2:44	1.67	8:49	5:16	3	0:25	13	2:44
Lap 2	2.35	13:17	5:39	2	0:33	13	4:05	4.02	22:06	5:29	2	0:58	15	6:49
Lap 3	2.35	14:22	6:06	3	1:08	22	4:53	6.37	36:28	5:43	3	2:06	18	11:42
Lap 4	2.35	14:21	6:06	3	0:36	18	4:35	8.72	50:49	5:49	3	2:42	17	16:17
Last lap Finish	1.28	7:44	6:02	1	-	15	2:20	10.00	58:33	5:51	3	2:15	17	18:37