



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

JUNG, Diana

Club: -

Number: 225

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 58:35

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 72 (of 96)

Rank in course/Women: 18 (of 34)

Best time in course: 39:56

Rank in category: 3(of 6)

Best time in the category: 56:17

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	8:55	5:20	4	0:28	17	2:50	1.67	8:55	5:20	4	0:28	17	2:50
Lap 2	2.35	13:33	5:45	3	0:37	17	4:21	4.02	22:28	5:35	4	0:27	20	7:11
Lap 3	2.35	13:58	5:56	2	0:44	16	4:29	6.37	36:26	5:43	3	1:06	17	11:40
Lap 4	2.35	14:25	6:08	3	1:02	21	4:39	8.72	50:51	5:49	3	2:08	19	16:19
Last lap Finish	1.28	7:44	6:02	3	0:16	15	2:20	10.00	58:35	5:51	3	2:18	18	18:39