



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

ERB, Dana

Club: -

Number: 206

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 59:01

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 74 (of 96)

Rank in course/Women: 19 (of 34)

Best time in course: 39:56

Rank in category: 5(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							
				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	fehlt!	-	-	-	-	-	1.67	-	-	-	-	-	-	-
Lap 2	2.35	17:41	7:31	9	8:29	30	8:29	4.02	17:41	4:23	3	2:24	3	2:24	
Lap 3	2.35	17:06	7:16	10	7:37	31	7:37	6.37	34:47	5:27	4	10:01	10	10:01	
Lap 4	2.35	15:25	6:33	8	5:39	28	5:39	8.72	50:12	5:45	4	15:40	16	15:40	
Last lap Finish	1.28	8:49	6:53	9	3:25	29	3:25	10.00	59:01	5:54	5	19:05	19	19:05	