



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

**WITTEMANN, Vanessa**

Club: TSV Motor Gispersleben

Number: 249

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 59:25

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 80 (of 96)

Rank in course/Women: 23 (of 34)

Best time in course: 39:56

Rank in category: 8(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	9:25	5:38	5	3:20	22	3:20	1.67	9:25	5:38	5	3:20	22	3:20
Lap 2	2.35	13:50	5:53	7	4:38	22	4:38	4.02	23:15	5:47	7	7:58	23	7:58
Lap 3	2.35	14:04	5:59	4	4:35	18	4:35	6.37	37:19	5:51	7	12:33	23	12:33
Lap 4	2.35	14:21	6:06	6	4:35	18	4:35	8.72	51:40	5:55	8	17:08	24	17:08
Last lap Finish	1.28	7:45	6:03	7	2:21	17	2:21	10.00	59:25	5:56	8	19:29	23	19:29