



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 | | 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 | 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 |