



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Golla, Anja

Club: Laufen is geil

Number: 274

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 59:28

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 81 (of 96)

Rank in course/Women: 24 (of 34)

Best time in course: 39:56

Rank in category: 2(of 5)

Best time in the category: 56:53

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	9:52	5:54	3	0:33	27	3:47	1.67	9:52	5:54	3	0:33	27	3:47
Lap 2	2.35	13:53	5:54	2	0:14	23	4:41	4.02	23:45	5:54	3	0:42	27	8:28
Lap 3	2.35	13:17	5:39	1	-	10	3:48	6.37	37:02	5:48	2	0:18	22	12:16
Lap 4	2.35	14:15	6:03	2	0:52	15	4:29	8.72	51:17	5:52	2	1:10	21	16:45
Last lap Finish	1.28	8:11	6:23	3	1:25	23	2:47	10.00	59:28	5:56	2	2:35	24	19:32