



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Bellat, Tara

Club: Ilmenau

Number: 283

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:00:39

Speed: 9.89 km/h

Running performance: 6:04 min/km

Rank in course/Total: 85 (of 96)

Rank in course/Women: 25 (of 34)

Best time in course: 39:56

Rank in category: 9(of 12)

Best time in the category: 39:56

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	fehlt!	-	-	-	-	-	1.67	-	-	-	-	-	-	-
Lap 2	2.35	17:42	7:31	10	8:30	31	8:30	4.02	17:42	4:24	4	2:25	4	2:25	
Lap 3	2.35	17:05	7:16	9	7:36	30	7:36	6.37	34:47	5:27	4	10:01	10	10:01	
Lap 4	2.35	18:02	7:40	10	8:16	31	8:16	8.72	52:49	6:03	9	18:17	27	18:17	
Last lap Finish	1.28	7:50	6:07	8	2:26	19	2:26	10.00	1:00:39	6:03	9	20:43	25	20:43	