



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

IHLE, Luisa

Club: TSV Motor Gispersleben

Number: 224

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:00:52

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 87 (of 96)

Rank in course/Women: 26 (of 34)

Best time in course: 39:56

Rank in category: 3(of 5)

Best time in the category: 56:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Lap 1	1.67	9:19	5:34	1	-	20	3:14	1.67	9:19	5:34	1	-	20	3:14
Lap 2	2.35	14:25	6:08	3	0:46	25	5:13	4.02	23:44	5:54	2	0:41	26	8:27
Lap 3	2.35	14:21	6:06	3	1:04	21	4:52	6.37	38:05	5:58	3	1:21	27	13:19
Lap 4	2.35	14:42	6:15	3	1:19	24	4:56	8.72	52:47	6:03	3	2:40	26	18:15
Last lap Finish	1.28	8:05	6:18	2	1:19	22	2:41	10.00	1:00:52	6:05	3	3:59	26	20:56