



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Uhlig, Marisa

Club: Ichtershausen

Number: 260

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:01:44

Speed: 9.72 km/h

Running performance: 6:10 min/km

Rank in course/Total: 88 (of 96)

Rank in course/Women: 27 (of 34)

Best time in course: 39:56

Rank in category: 5(of 6)

Best time in the category: 56:17

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	8:48	5:16	2	0:21	12	2:43	1.67	8:48	5:16	2	0:21	12	2:43
Lap 2	2.35	13:55	5:55	5	0:59	24	4:43	4.02	22:43	5:39	5	0:42	21	7:26
Lap 3	2.35	14:47	6:17	5	1:33	25	5:18	6.37	37:30	5:53	5	2:10	26	12:44
Lap 4	2.35	15:14	6:28	5	1:51	27	5:28	8.72	52:44	6:02	5	4:01	25	18:12
Last lap Finish	1.28	9:00	7:01	5	1:32	31	3:36	10.00	1:01:44	6:10	5	5:27	27	21:48