



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Stegner, Carolin

Club: Kath. Laufjugend Arnstadt

Number: 281

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:28

Speed: 9.31 km/h

Running performance: 6:27 min/km

Rank in course/Total: 89 (of 96)

Rank in course/Women: 28 (of 34)

Best time in course: 39:56

Rank in category: 4 (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	10:26	6:14	4	1:07	28	4:21	1.67	10:26	6:14	4	1:07	28	4:21
Lap 2	2.35	15:07	6:25	4	1:28	28	5:55	4.02	25:33	6:21	4	2:30	30	10:16
Lap 3	2.35	15:31	6:36	4	2:14	27	6:02	6.37	41:04	6:26	4	4:20	30	16:18
Lap 4	2.35	15:04	6:24	4	1:41	25	5:18	8.72	56:08	6:26	4	6:01	28	21:36
Last lap Finish	1.28	8:20	6:30	4	1:34	26	2:56	10.00	1:04:28	6:26	4	7:35	28	24:32