



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Eder, Lisa

Club: Kath. Laufjugend Arnstadt

Number: 282

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:04:29

Speed: 9.30 km/h

Running performance: 6:27 min/km

Rank in course/Total: 90 (of 96)

Rank in course/Women: 29 (of 34)

Best time in course: 39:56

Rank in category: 5(of 5)

Best time in the category: 56:53

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	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	8:21	6:31	5	1:35	27	2:57	10.00	1:04:29	6:26	5	7:36	29	24:33