



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Nehrig, Marita

Club: KS Sportsworld

Number: 300

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:04:54

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 91 (of 96)

Rank in course/Women: 30 (of 34)

Best time in course: 39:56

Rank in category: 2(of 2)

Best time in the category: 55:29

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	9:46	5:50	2	1:37	26	3:41	1.67	9:46	5:50	2	1:37	26	3:41
Lap 2	2.35	14:55	6:20	2	2:02	26	5:43	4.02	24:41	6:08	2	3:39	29	9:24
Lap 3	2.35	15:46	6:42	2	2:32	29	6:17	6.37	40:27	6:21	2	6:11	29	15:41
Lap 4	2.35	15:45	6:42	2	2:10	29	5:59	8.72	56:12	6:26	2	8:21	31	21:40
Last lap Finish	1.28	8:42	6:47	2	1:04	28	3:18	10.00	1:04:54	6:29	2	9:25	30	24:58