



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

HEIN, Lea

Club: Kath. Laufjugend Arnstadt

Number: 219

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 1:05:05

Speed: 9.22 km/h

Running performance: 6:31 min/km

Rank in course/Total: 92 (of 96)

Rank in course/Women: 31 (of 34)

Best time in course: 39:56

Rank in category: 10(of 12)

Best time in the category: 39:56

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	9:38	5:46	8	3:33	25	3:33	1.67	9:38	5:46	8	3:33	25	3:33
Lap 2	2.35	15:01	6:23	8	5:49	27	5:49	4.02	24:39	6:07	10	9:22	28	9:22
Lap 3	2.35	15:18	6:30	8	5:49	26	5:49	6.37	39:57	6:16	10	15:11	28	15:11
Lap 4	2.35	16:13	6:54	9	6:27	30	6:27	8.72	56:10	6:26	10	21:38	30	21:38
Last lap Finish	1.28	8:55	6:57	10	3:31	30	3:31	10.00	1:05:05	6:30	10	25:09	31	25:09