



28. Arnstädter Citylauf

Arnstadt / 28.04.2018

Detailed evaluation

Kaps, Susanne

Club: TSV Motor Gispersleben

Number: 261

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 59:13

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 77 (of 96)

Rank in course/Women: 22 (of 34)

Best time in course: 39:56

Rank in category: 4(of 6)

Best time in the category: 56:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Wome	Cat.	Women				Cat.	Wome	Cat.	Women
Lap 1	1.67	8:27	5:03	1	-	10	2:22	1.67	8:27	5:03	1	-	10	2:22
Lap 2	2.35	13:34	5:46	4	0:38	18	4:22	4.02	22:01	5:28	1	-	12	6:44
Lap 3	2.35	14:27	6:08	4	1:13	24	4:58	6.37	36:28	5:43	4	1:08	18	11:42
Lap 4	2.35	14:34	6:11	4	1:11	23	4:48	8.72	51:02	5:51	4	2:19	20	16:30
Last lap Finish	1.28	8:11	6:23	4	0:43	23	2:47	10.00	59:13	5:55	4	2:56	22	19:17