



# 28. Arnstädter Citylauf

Arnstadt / 28.04.2018

## Detailed evaluation

Luthard, Eva

Club: Arnstadt

Number: 127

Course: 5.00 km

Die Schwenninger Krankenkasse 5-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 28:09

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 24 (of 41)

Rank in course/Women: 4 (of 12)

Best time in course: 23:32

Rank in category: 2(of 3)

Best time in the category: 26:08

### 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	1.38	6:51	4:57	2	0:36	5	0:50	1.38	6:51	4:57	2	0:36	5	0:50
Lap 2	2.34	13:34	5:47	2	0:56	4	2:17	3.72	20:25	5:29	2	1:32	4	3:07
Last lap Finish	1.28	7:44	6:02	2	0:29	5	1:30	5.00	28:09	5:37	2	2:01	4	4:37