



29. Arnstädter Citylauf

Arnstadt / 27.04.2019

Detailed evaluation

Ortlof, Anika

Club: VfB Torpedo Ichtershausen

Number: 2

Course: 10.00 km

n3 10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 43:03

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 9 (of 72)

Rank in course/Women: 1 (of 15)

Best time in course: 43:03

Rank in category: 1(of 2)

Best time in the category: 43:03

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	6:55	4:08	1	-	1	-	1.67	6:55	4:08	1	-	1	-
Lap 2	2.35	10:15	4:21	1	-	1	-	4.02	17:10	4:16	1	-	1	-
Lap 3	2.35	10:12	4:20	1	-	1	-	6.37	27:22	4:17	1	-	1	-
Lap 4	2.35	10:12	4:20	1	-	1	-	8.72	37:34	4:18	1	-	1	-
Last lap Finish	1.28	5:29	4:17	1	-	1	-	10.00	43:03	4:18	1	-	1	-