



# 29. Arnstädter Citylauf

Arnstadt / 27.04.2019

## Detailed evaluation

**Hildebrandt, Elke**

Club: Dream Team Ilmenau

Number: 17

Course: 10.00 km

n3 10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 55:03

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 54 (of 72)

Rank in course/Women: 6 (of 15)

Best time in course: 43:03

Rank in category: 1(of 2)

Best time in the category: 55:03

### 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	8:20	4:59	1	-	6	1:25	1.67	8:20	4:59	1	-	6	1:25
Lap 2	2.35	13:05	5:34	2	0:08	7	2:50	4.02	21:25	5:19	1	-	6	4:15
Lap 3	2.35	13:08	5:35	1	-	7	2:56	6.37	34:33	5:25	1	-	5	7:11
Lap 4	2.35	13:15	5:38	1	-	6	3:03	8.72	47:48	5:28	1	-	5	10:14
Last lap Finish	1.28	7:15	5:39	2	0:10	8	1:46	10.00	55:03	5:30	1	-	6	12:00