



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Selig, Aileen

Club: Trailrunning-Crew Thüringen
Number: 345

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 52:11

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 41 (of 66)

Rank in course/Women: 7 (of 18)

Best time in course: 41:08

Rank in category: 2(of 3)

Best time in the category: 51:50

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	8:42	5:12	3	0:41	11	2:03	1.67	8:42	5:12	3	0:41	11	2:03
Lap 2	2.35	12:24	5:16	2	0:30	7	2:51	4.02	21:06	5:14	3	1:11	9	4:54
Lap 3	2.35	12:13	5:11	1	-	4	2:28	6.37	33:19	5:13	2	1:03	7	7:22
Lap 4	2.35	12:17	5:13	1	-	4	2:28	8.72	45:36	5:13	2	0:44	7	9:50
Last lap Finish	1.28	6:35	5:08	1	-	4	1:13	10.00	52:11	5:13	2	0:21	7	11:03