



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Tittelbach-Helmrich, Uta

Club: Alkersleben
Number: 349

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 52:56

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 42 (of 66)

Rank in course/Women: 8 (of 18)

Best time in course: 41:08

Rank in category: 3(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	8:20	4:59	2	0:19	8	1:41	1.67	8:20	4:59	2	0:19	8	1:41
Lap 2	2.35	12:32	5:19	3	0:38	8	2:59	4.02	20:52	5:11	2	0:57	7	4:40
Lap 3	2.35	12:34	5:20	3	0:21	8	2:49	6.37	33:26	5:14	3	1:10	8	7:29
Lap 4	2.35	12:37	5:22	3	0:20	8	2:48	8.72	46:03	5:16	3	1:11	8	10:17
Last lap Finish	1.28	6:53	5:22	2	0:18	6	1:31	10.00	52:56	5:17	3	1:06	8	11:48