



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Wurlitzer, Sabrina**

Club: Jena  
Number: 359

Course: 10.00 km  
10-km-Lauf

Category:  
Frauen (20-29 Jahre)

Total time: 55:04

Speed: 10.90 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 45 (of 66)  
Rank in course/Women: 9 (of 18)  
Best time in course: 41:08

Rank in category: 1(of 2)  
Best time in the category: 55:04

### 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	8:11	4:54	1	-	7	1:32	1.67	8:11	4:54	1	-	7	1:32
Lap 2	2.35	12:54	5:29	1	-	10	3:21	4.02	21:05	5:14	1	-	8	4:53
Lap 3	2.35	13:27	5:43	1	-	10	3:42	6.37	34:32	5:25	1	-	10	8:35
Lap 4	2.35	13:26	5:42	2	0:04	11	3:37	8.72	47:58	5:30	1	-	10	12:12
Last lap Finish	1.28	7:06	5:32	1	-	9	1:44	10.00	55:04	5:30	1	-	9	13:56