



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 |