



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Grosser, Ulrike

Club: AP Racing Team Apolda
Number: 322

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 55:13

Speed: 10.87 km/h
Running performance: 5:31 min/km

Rank in course/Total: 46 (of 66)
Rank in course/Women: 10 (of 18)
Best time in course: 41:08

Rank in category: 1(of 3)
Best time in the category: 55:13

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	8:27	5:03	1	-	9	1:48	1.67	8:27	5:03	1	-	9	1:48
Lap 2	2.35	12:49	5:27	1	-	9	3:16	4.02	21:16	5:17	1	-	10	5:04
Lap 3	2.35	13:15	5:38	1	-	9	3:30	6.37	34:31	5:25	1	-	9	8:34
Lap 4	2.35	13:23	5:41	1	-	10	3:34	8.72	47:54	5:29	1	-	9	12:08
Last lap Finish	1.28	7:19	5:42	1	-	10	1:57	10.00	55:13	5:31	1	-	10	14:05