



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Limon Martinez, Jessica

Club: Ilmenau
Number: 337

Course: 10.00 km
10-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 56:09

Speed: 10.69 km/h
Running performance: 5:37 min/km

Rank in course/Total: 50 (of 66)
Rank in course/Women: 11 (of 18)
Best time in course: 41:08

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

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	8:36	5:08	2	0:25	10	1:57	1.67	8:36	5:08	2	0:25	10	1:57
Lap 2	2.35	13:02	5:32	2	0:08	11	3:29	4.02	21:38	5:22	2	0:33	11	5:26
Lap 3	2.35	13:29	5:44	2	0:02	11	3:44	6.37	35:07	5:30	2	0:35	11	9:10
Lap 4	2.35	13:22	5:41	1	-	9	3:33	8.72	48:29	5:33	2	0:31	11	12:43
Last lap Finish	1.28	7:40	5:59	2	0:34	13	2:18	10.00	56:09	5:36	2	1:05	11	15:01