



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Raabe, Loret

Club: ThSV 1886 Geschwenda
Number: 341

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 56:35

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 53 (of 66)
Rank in course/Women: 12 (of 18)
Best time in course: 41:08

Rank in category: 2(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	8:44	5:13	2	0:17	12	2:05	1.67	8:44	5:13	2	0:17	12	2:05
Lap 2	2.35	13:13	5:37	2	0:24	12	3:40	4.02	21:57	5:27	2	0:41	12	5:45
Lap 3	2.35	13:31	5:45	2	0:16	12	3:46	6.37	35:28	5:34	2	0:57	12	9:31
Lap 4	2.35	13:35	5:46	2	0:12	12	3:46	8.72	49:03	5:37	2	1:09	12	13:17
Last lap Finish	1.28	7:32	5:53	2	0:13	12	2:10	10.00	56:35	5:39	2	1:22	12	15:27