



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Freitag, Carolin

Club: GutsMuths-Rennsteiglaufverein
Number: 314

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 58:50

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 56 (of 66)
Rank in course/Women: 13 (of 18)
Best time in course: 41:08

Rank in category: 2(of 4)
Best time in the category: 51:31

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	9:16	5:32	3	1:28	15	2:37	1.67	9:16	5:32	3	1:28	15	2:37
Lap 2	2.35	14:07	6:00	3	2:06	14	4:34	4.02	23:23	5:49	4	3:34	16	7:11
Lap 3	2.35	13:54	5:54	2	1:37	13	4:09	6.37	37:17	5:51	3	5:11	14	11:20
Lap 4	2.35	14:02	5:58	2	1:27	13	4:13	8.72	51:19	5:53	2	6:38	13	15:33
Last lap Finish	1.28	7:31	5:52	2	0:41	11	2:09	10.00	58:50	5:53	2	7:19	13	17:42