



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Becker, Ines

Club: Arnstadt

Number: 364

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 1:00:37

Speed: 9.90 km/h

Running performance: 6:04 min/km

Rank in course/Total: 58 (of 66)

Rank in course/Women: 15 (of 18)

Best time in course: 41:08

Rank in category: 3(of 3)

Best time in the category: 55:13

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	8:50	5:17	3	0:23	13	2:11	1.67	8:50	5:17	3	0:23	13	2:11
Lap 2	2.35	14:12	6:02	3	1:23	16	4:39	4.02	23:02	5:43	3	1:46	13	6:50
Lap 3	2.35	14:38	6:13	3	1:23	15	4:53	6.37	37:40	5:54	3	3:09	15	11:43
Lap 4	2.35	14:47	6:17	3	1:24	16	4:58	8.72	52:27	6:00	3	4:33	15	16:41
Last lap Finish	1.28	8:10	6:22	3	0:51	16	2:48	10.00	1:00:37	6:03	3	5:24	15	19:29