



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Wegener, Christa

Club: sc impuls Erfurt
Number: 356

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W65 (65-69 Jahre)

Total time: 1:01:00

Speed: 9.84 km/h
Running performance: 6:06 min/km

Rank in course/Total: 59 (of 66)
Rank in course/Women: 16 (of 18)
Best time in course: 41:08

Rank in category: 1(of 1)
Best time in the category: 1:01:00

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	9:23	5:37	1	-	17	2:44	1.67	9:23	5:37	1	-	17	2:44
Lap 2	2.35	14:11	6:02	1	-	15	4:38	4.02	23:34	5:51	1	-	17	7:22
Lap 3	2.35	14:40	6:14	1	-	16	4:55	6.37	38:14	6:00	1	-	16	12:17
Lap 4	2.35	14:42	6:15	1	-	15	4:53	8.72	52:56	6:04	1	-	16	17:10
Last lap Finish	1.28	8:04	6:18	1	-	15	2:42	10.00	1:01:00	6:05	1	-	16	19:52