



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Frankenberg, Anna

Club: Plaue
Number: 313

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:44

Speed: 9.27 km/h
Running performance: 6:28 min/km

Rank in course/Total: 61 (of 66)
Rank in course/Women: 17 (of 18)
Best time in course: 41:08

Rank in category: 4(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	8:54	5:19	2	1:06	14	2:15	1.67	8:54	5:19	2	1:06	14	2:15
Lap 2	2.35	14:26	6:08	4	2:25	17	4:53	4.02	23:20	5:48	3	3:31	15	7:08
Lap 3	2.35	15:20	6:31	4	3:03	17	5:35	6.37	38:40	6:04	4	6:34	17	12:43
Lap 4	2.35	16:31	7:01	4	3:56	17	6:42	8.72	55:11	6:19	4	10:30	17	19:25
Last lap Finish	1.28	9:33	7:27	4	2:43	18	4:11	10.00	1:04:44	6:28	4	13:13	17	23:36