



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Göhring-König, Jana

Club: Plaue

Number: 319

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:10:43

Speed: 8.48 km/h

Running performance: 7:04 min/km

Rank in course/Total: 64 (of 66)

Rank in course/Women: 18 (of 18)

Best time in course: 41:08

Rank in category: 2(of 2)

Best time in the category: 47:29

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	1:01:34	36:51	2	54:16	18	54:55	1.67	1:01:34	36:51	2	54:16	18	54:55
Lap 2	2.35	fehlt!	-	-	-	-	-	4.02	-	-	-	-	-	-
Lap 3	2.35	fehlt!	-	-	-	-	-	6.37	-	-	-	-	-	-
Lap 4	2.35	fehlt!	-	-	-	-	-	8.72	-	-	-	-	-	-
Last lap Finish	1.28	9:09	7:08	2	2:52	17	3:47	10.00	1:10:43	7:04	2	23:14	18	29:35