



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Röder, Katja

Club: Arnstadt

Number: 22

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 23:41

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 7 (of 29)

Rank in course/Women: 1 (of 12)

Best time in course: 23:41

Rank in category: 1(of 3)

Best time in the category: 23:41

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	1.38	5:57	4:18	1	-	1	-	1.38	5:57	4:18	1	-	1	-
Lap 2	2.34	11:25	4:52	2	0:02	2	0:02	3.72	17:22	4:40	1	-	1	-
Last lap Finish	1.28	6:19	4:56	1	-	1	-	5.00	23:41	4:44	1	-	1	-