



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Krause, Katharina

Club: N3 Sportverein e.V.
Number: 9

Course: 5.00 km
5-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 24:01

Speed: 12.49 km/h
Running performance: 4:48 min/km

Rank in course/Total: 8 (of 29)
Rank in course/Women: 2 (of 12)
Best time in course: 23:41

Rank in category: 2(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	6:18	4:33	2	0:21	2	0:21	1.38	6:18	4:33	2	0:21	2	0:21
Lap 2	2.34	11:23	4:51	1	-	1	-	3.72	17:41	4:45	2	0:19	2	0:19
Last lap Finish	1.28	6:20	4:56	2	0:01	2	0:01	5.00	24:01	4:48	2	0:20	2	0:20