



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Ernst, Beate

Club: Triathlon Friedrichroda

Number: 23

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 25:00

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 12 (of 29)

Rank in course/Women: 3 (of 12)

Best time in course: 23:41

Rank in category: 1(of 2)

Best time in the category: 25:00

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	6:24	4:38	1	-	3	0:27	1.38	6:24	4:38	1	-	3	0:27
Lap 2	2.34	11:55	5:05	1	-	3	0:32	3.72	18:19	4:55	1	-	3	0:57
Last lap Finish	1.28	6:41	5:13	1	-	3	0:22	5.00	25:00	5:00	1	-	3	1:19