



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Stiede, Elke**

Club: LSV Lok Arnstadt  
Number: 175

Course: 3.00 km  
McDonald`s 3-km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 20:39

Speed: 8.72 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 30 (of 30)

Rank in course/Women: 16 (of 16)

Best time in course: 11:14

Rank in category: 1(of 1)

Best time in the category: 20:39

### 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	1.72	11:30	6:41	1	-	16	5:10	1.72	11:30	6:41	1	-	16	5:10
Last lap Finish	1.28	9:09	7:08	1	-	16	4:15	3.00	20:39	6:52	1	-	16	9:25