



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Smolarek, Ronja

Club: Arnstadt
Number: 17

Course: 5.00 km
5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 26:45

Speed: 11.21 km/h
Running performance: 5:21 min/km

Rank in course/Total: 16 (of 29)

Rank in course/Women: 5 (of 12)

Best time in course: 23:41

Rank in category: 1(of 2)

Best time in the category: 26:45

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	7:09	5:10	1	-	8	1:12	1.38	7:09	5:10	1	-	8	1:12
Lap 2	2.34	12:48	5:28	1	-	5	1:25	3.72	19:57	5:21	1	-	6	2:35
Last lap Finish	1.28	6:48	5:18	1	-	4	0:29	5.00	26:45	5:20	1	-	5	3:04