



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Bogen, Ines**

Club: Laufftreff Alteburg  
Number: 30

Course: 5.00 km  
5-km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 27:02

Speed: 11.10 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 18 (of 29)

Rank in course/Women: 6 (of 12)

Best time in course: 23:41

Rank in category: 1(of 1)

Best time in the category: 27:02

### 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	6:56	5:01	1	-	6	0:59	1.38	6:56	5:01	1	-	6	0:59
Lap 2	2.34	12:55	5:31	1	-	6	1:32	3.72	19:51	5:20	1	-	5	2:29
Last lap Finish	1.28	7:11	5:36	1	-	6	0:52	5.00	27:02	5:24	1	-	6	3:21