



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

Schmidt, Kati

Club: Maik sagt!

Number: 14

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 27:30

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 20 (of 29)

Rank in course/Women: 7 (of 12)

Best time in course: 23:41

Rank in category: 3(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	6:49	4:56	3	0:52	5	0:52	1.38	6:49	4:56	3	0:52	5	0:52
Lap 2	2.34	13:22	5:42	3	1:59	7	1:59	3.72	20:11	5:25	3	2:49	7	2:49
Last lap Finish	1.28	7:19	5:42	3	1:00	7	1:00	5.00	27:30	5:30	3	3:49	7	3:49