



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Bergmann, Eileen**

Club: Martinroda

Number: 2

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:26

Speed: 10.55 km/h

Running performance: 5:41 min/km

Rank in course/Total: 22 (of 29)

Rank in course/Women: 8 (of 12)

Best time in course: 23:41

Rank in category: 1(of 1)

Best time in the category: 28:26

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.38	6:57	5:02	1	-	7	1:00	1.38	6:57	5:02	1	-	7	1:00
Lap 2	2.34	13:39	5:50	1	-	8	2:16	3.72	20:36	5:32	1	-	8	3:14
Last lap Finish	1.28	7:50	6:07	1	-	9	1:31	5.00	28:26	5:41	1	-	8	4:45