



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hänsgen, Katrin

Club: TSG Ruhla WSC 07

Number: 3

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 32:24

Speed: 9.26 km/h

Running performance: 6:29 min/km

Rank in course/Total: 24 (of 29)

Rank in course/Women: 10 (of 12)

Best time in course: 23:41

Rank in category: 2 (of 2)

Best time in the category: 25:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Lap 1	1.38	8:23	6:04	2	1:59	10	2:26	1.38	8:23	6:04	2	1:59	10	2:26	
Lap 2	2.34	15:25	6:35	2	3:30	10	4:02	3.72	23:48	6:23	2	5:29	10	6:26	
Last lap Finish	1.28	8:36	6:43	2	1:55	10	2:17	5.00	32:24	6:28	2	7:24	10	8:43	