



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hein, Lea

Club: Katholische Laufjugend Arnstadt
Number: 180

Course: 5.00 km
5-km-Lauf

Category:
Frauen (20-29 Jahre)

Total time: 34:15

Speed: 8.76 km/h
Running performance: 6:51 min/km

Rank in course/Total: 28 (of 29)

Rank in course/Women: 11 (of 12)

Best time in course: 23:41

Rank in category: 2(of 2)

Best time in the category: 26:45

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	8:41	6:17	2	1:32	11	2:44	1.38	8:41	6:17	2	1:32	11	2:44
Lap 2	2.34	16:04	6:51	2	3:16	11	4:41	3.72	24:45	6:39	2	4:48	11	7:23
Last lap Finish	1.28	9:30	7:25	2	2:42	11	3:11	5.00	34:15	6:50	2	7:30	11	10:34