



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Mäder, Marion

Club: Erfurt
Number: 12

Course: 5.00 km
5-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 36:21

Speed: 8.25 km/h
Running performance: 7:16 min/km

Rank in course/Total: 29 (of 29)
Rank in course/Women: 12 (of 12)
Best time in course: 23:41

Rank in category: 1(of 1)
Best time in the category: 36:21

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.38	9:06	6:35	1	-	12	3:09	1.38	9:06	6:35	1	-	12	3:09			
Lap 2	2.34	17:34	7:30	1	-	12	6:11	3.72	26:40	7:10	1	-	12	9:18			
Last lap Finish	1.28	9:41	7:33	1	-	12	3:22	5.00	36:21	7:16	1	-	12	12:40			