



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Jacob, Catrin

Club: Arnstadt
Number: 330

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 47:29

Speed: 12.64 km/h
Running performance: 4:45 min/km

Rank in course/Total: 22 (of 66)

Rank in course/Women: 2 (of 18)

Best time in course: 41:08

Rank in category: 1(of 2)

Best time in the category: 47:29

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	1.67	7:18	4:22	1	-	2	0:39	1.67	7:18	4:22	1	-	2	0:39
Lap 2	2.35	11:00	4:40	1	-	2	1:27	4.02	18:18	4:33	1	-	2	2:06
Lap 3	2.35	11:13	4:46	1	-	2	1:28	6.37	29:31	4:38	1	-	2	3:34
Lap 4	2.35	11:41	4:58	1	-	3	1:52	8.72	41:12	4:43	1	-	2	5:26
Last lap Finish	1.28	6:17	4:54	1	-	3	0:55	10.00	47:29	4:44	1	-	2	6:21