



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Kortum, Pia**

Club: SV 90 Gräfenroda

Number: 371

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 47:53

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 23 (of 66)

Rank in course/Women: 3 (of 18)

Best time in course: 41:08

Rank in category: 2(of 2)

Best time in the category: 41:08

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	7:27	4:27	2	0:48	3	0:48	1.67	7:27	4:27	2	0:48	3	0:48
Lap 2	2.35	11:18	4:48	2	1:45	3	1:45	4.02	18:45	4:39	2	2:33	3	2:33
Lap 3	2.35	11:31	4:54	2	1:46	3	1:46	6.37	30:16	4:45	2	4:19	3	4:19
Lap 4	2.35	11:30	4:53	2	1:41	2	1:41	8.72	41:46	4:47	2	6:00	3	6:00
Last lap Finish	1.28	6:07	4:46	2	0:45	2	0:45	10.00	47:53	4:47	2	6:45	3	6:45