



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 |