



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hildebrandt, Elke

Club: Dream Team Ilmenau

Number: 328

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 38 (of 66)

Rank in course/Women: 5 (of 18)

Best time in course: 41:08

Rank in category: 1(of 1)

Best time in the category: 51:39

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	7:55	4:44	1	-	5	1:16	1.67	7:55	4:44	1	-	5	1:16
Lap 2	2.35	12:03	5:07	1	-	6	2:30	4.02	19:58	4:58	1	-	6	3:46
Lap 3	2.35	12:17	5:13	1	-	5	2:32	6.37	32:15	5:03	1	-	5	6:18
Lap 4	2.35	12:31	5:19	1	-	5	2:42	8.72	44:46	5:08	1	-	5	9:00
Last lap Finish	1.28	6:53	5:22	1	-	6	1:31	10.00	51:39	5:09	1	-	5	10:31