



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Erdmann, Stefanie

Club: LSV Lok Arnstadt
Number: 346

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W40 (40-44 Jahre)

Total time: 51:50

Speed: 11.58 km/h
Running performance: 5:11 min/km

Rank in course/Total: 39 (of 66)
Rank in course/Women: 6 (of 18)

Best time in course: 41:08
Rank in category: 1(of 3)
Best time in the category: 51:50

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	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	8:01	4:48	1	-	6	1:22	1.67	8:01	4:48	1	-	6	1:22
Lap 2	2.35	11:54	5:03	1	-	4	2:21	4.02	19:55	4:57	1	-	5	3:43
Lap 3	2.35	12:21	5:15	2	0:08	7	2:36	6.37	32:16	5:03	1	-	6	6:19
Lap 4	2.35	12:36	5:21	2	0:19	7	2:47	8.72	44:52	5:08	1	-	6	9:06
Last lap Finish	1.28	6:58	5:26	3	0:23	8	1:36	10.00	51:50	5:11	1	-	6	10:42