



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Bergter, Susanne

Club: Ilmenau
Number: 304

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 51:31

Speed: 11.65 km/h
Running performance: 5:09 min/km

Rank in course/Total: 37 (of 66)
Rank in course/Women: 4 (of 18)
Best time in course: 41:08

Rank in category: 1(of 4)
Best time in the category: 51:31

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	7:48	4:40	1	-	4	1:09	1.67	7:48	4:40	1	-	4	1:09
Lap 2	2.35	12:01	5:06	1	-	5	2:28	4.02	19:49	4:55	1	-	4	3:37
Lap 3	2.35	12:17	5:13	1	-	5	2:32	6.37	32:06	5:02	1	-	4	6:09
Lap 4	2.35	12:35	5:21	1	-	6	2:46	8.72	44:41	5:07	1	-	4	8:55
Last lap Finish	1.28	6:50	5:20	1	-	5	1:28	10.00	51:31	5:09	1	-	4	10:23