



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Finger, Julia

Club: Arnstadt

Number: 201

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 54:47

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 49 (of 68)

Rank in course/Women: 10 (of 16)

Best time in course: 44:28

Rank in category: 1(of 2)

Best time in the category: 54:47

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	8:08	4:52	1	-	9	1:38	1.67	8:08	4:52	1	-	9	1:38
Lap 2	2.35	12:40	5:23	1	-	9	2:23	4.02	20:48	5:10	1	-	10	4:01
Lap 3	2.35	13:13	5:37	1	-	10	2:42	6.37	34:01	5:20	1	-	10	6:43
Lap 4	2.35	13:34	5:46	1	-	10	2:29	8.72	47:35	5:27	1	-	10	9:12
Last lap Finish	1.28	7:12	5:37	1	-	9	1:07	10.00	54:47	5:28	1	-	10	10:19