



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Singpiel, Sue**

Club: Alkersleben

Number: 189

Course: 10.00 km

10-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 58:10

Speed: 10.32 km/h

Running performance: 5:49 min/km

Rank in course/Total: 56 (of 68)

Rank in course/Women: 11 (of 16)

Best time in course: 44:28

Rank in category: 1(of 1)

Best time in the category: 58:10

### 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	8:53	5:19	1	-	11	2:23	1.67	8:53	5:19	1	-	11	2:23
Lap 2	2.35	14:03	5:58	1	-	11	3:46	4.02	22:56	5:42	1	-	11	6:09
Lap 3	2.35	14:06	6:00	1	-	11	3:35	6.37	37:02	5:48	1	-	11	9:44
Lap 4	2.35	13:53	5:54	1	-	11	2:48	8.72	50:55	5:50	1	-	11	12:32
Last lap Finish	1.28	7:15	5:39	1	-	10	1:10	10.00	58:10	5:48	1	-	11	13:42