



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bielig, Suzanne

Club: Plaue
Number: 216

Course: 10.00 km
10-km-Lauf

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 1:01:03

Speed: 9.83 km/h
Running performance: 6:06 min/km

Rank in course/Total: 60 (of 68)

Rank in course/Women: 12 (of 16)

Best time in course: 44:28

Rank in category: 2(of 2)

Best time in the category: 54:00

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	9:07	5:27	2	1:16	13	2:37	1.67	9:07	5:27	2	1:16	13	2:37
Lap 2	2.35	14:11	6:02	2	1:29	12	3:54	4.02	23:18	5:47	2	2:45	13	6:31
Lap 3	2.35	14:42	6:15	2	1:45	12	4:11	6.37	38:00	5:57	2	4:30	12	10:42
Lap 4	2.35	14:49	6:18	2	1:38	12	3:44	8.72	52:49	6:03	2	6:08	12	14:26
Last lap Finish	1.28	8:14	6:25	2	0:55	12	2:09	10.00	1:01:03	6:06	2	7:03	12	16:35