



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Rode, Jana

Club: Gamstädt OT Kleinrettbach

Number: 184

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:01:36

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 61 (of 68)

Rank in course/Women: 13 (of 16)

Best time in course: 44:28

Rank in category: 4(of 4)

Best time in the category: 44:28

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	8:57	5:21	4	2:27	12	2:27	1.67	8:57	5:21	4	2:27	12	2:27
Lap 2	2.35	14:17	6:04	4	4:00	13	4:00	4.02	23:14	5:46	4	6:27	12	6:27
Lap 3	2.35	14:48	6:17	4	4:17	13	4:17	6.37	38:02	5:58	4	10:44	13	10:44
Lap 4	2.35	15:16	6:29	4	4:11	13	4:11	8.72	53:18	6:06	4	14:55	13	14:55
Last lap Finish	1.28	8:18	6:29	4	2:13	13	2:13	10.00	1:01:36	6:09	4	17:08	13	17:08