



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Wilhelm, Evi**

Club: Weimar

Number: 197

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W30 (30-34 Jahre)

Total time: 1:02:56

Speed: 9.53 km/h

Running performance: 6:17 min/km

Rank in course/Total: 62 (of 68)

Rank in course/Women: 14 (of 16)

Best time in course: 44:28

Rank in category: 2(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	9:27	5:39	2	1:19	16	2:57	1.67	9:27	5:39	2	1:19	16	2:57
Lap 2	2.35	14:46	6:17	2	2:06	14	4:29	4.02	24:13	6:01	2	3:25	14	7:26
Lap 3	2.35	15:06	6:25	2	1:53	14	4:35	6.37	39:19	6:10	2	5:18	14	12:01
Lap 4	2.35	15:16	6:29	2	1:42	13	4:11	8.72	54:35	6:15	2	7:00	14	16:12
Last lap Finish	1.28	8:21	6:31	2	1:09	14	2:16	10.00	1:02:56	6:17	2	8:09	14	18:28