



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Keiner, Sandy**

Club: Arnstadt

Number: 200

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 1:04:53

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 64 (of 68)

Rank in course/Women: 15 (of 16)

Best time in course: 44:28

Rank in category: 4(of 4)

Best time in the category: 47:32

### 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	9:10	5:29	4	1:56	14	2:40	1.67	9:10	5:29	4	1:56	14	2:40
Lap 2	2.35	16:00	6:48	4	4:50	15	5:43	4.02	25:10	6:15	4	6:46	15	8:23
Lap 3	2.35	15:30	6:35	4	4:06	15	4:59	6.37	40:40	6:23	4	10:52	15	13:22
Lap 4	2.35	15:42	6:40	4	4:16	15	4:37	8.72	56:22	6:27	4	15:08	15	17:59
Last lap Finish	1.28	8:31	6:39	4	2:13	15	2:26	10.00	1:04:53	6:29	4	17:21	15	20:25