



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Dimitrovici, Steffanie

Club: Arnstadt

Number: 199

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:54

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 65 (of 68)

Rank in course/Women: 16 (of 16)

Best time in course: 44:28

Rank in category: 2(of 2)

Best time in the category: 50:32

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	9:10	5:29	2	1:55	14	2:40	1.67	9:10	5:29	2	1:55	14	2:40
Lap 2	2.35	16:01	6:48	2	4:04	16	5:44	4.02	25:11	6:15	2	5:59	16	8:24
Lap 3	2.35	15:30	6:35	2	3:16	15	4:59	6.37	40:41	6:23	2	9:15	16	13:23
Lap 4	2.35	15:42	6:40	2	3:20	15	4:37	8.72	56:23	6:27	2	12:35	16	18:00
Last lap Finish	1.28	8:31	6:39	2	1:47	15	2:26	10.00	1:04:54	6:29	2	14:22	16	20:26