



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bosecker, Lea

Club: Arnstadt

Number: 78

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 24:50

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 11 (of 30)

Rank in course/Women: 2 (of 10)

Best time in course: 22:42

Rank in category: 1(of 2)

Best time in the category: 24:50

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	1.38	6:25	4:38	1	-	2	0:41	1.38	6:25	4:38	1	-	2	0:41
Lap 2	2.34	12:03	5:08	1	-	3	1:16	3.72	18:28	4:57	1	-	2	1:57
Last lap Finish	1.28	6:22	4:58	1	-	2	0:11	5.00	24:50	4:58	1	-	2	2:08