



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Krause, Katharina

Club: N3 Sportverein e.V.

Number: 86

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 25:11

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 12 (of 30)

Rank in course/Women: 3 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 25:11

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	1.38	6:42	4:51	1	-	4	0:58	1.38	6:42	4:51	1	-	4	0:58
Lap 2	2.34	11:57	5:06	1	-	2	1:10	3.72	18:39	5:00	1	-	3	2:08
Last lap Finish	1.28	6:32	5:06	1	-	3	0:21	5.00	25:11	5:02	1	-	3	2:29