



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Bogen, Ines**

Club: Laufftreff Alteburg

Number: 104

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 26:20

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 15 (of 30)

Rank in course/Women: 4 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 26:20

### 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	6:46	4:54	1	-	5	1:02	1.38	6:46	4:54	1	-	5	1:02
Lap 2	2.34	12:33	5:21	1	-	4	1:46	3.72	19:19	5:11	1	-	4	2:48
Last lap Finish	1.28	7:01	5:28	1	-	5	0:50	5.00	26:20	5:15	1	-	4	3:38