



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bergmann, Eileen

Club: Martinroda

Number: 77

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 27:11

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 18 (of 30)

Rank in course/Women: 6 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 27:11

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	7:12	5:13	1	-	6	1:28	1.38	7:12	5:13	1	-	6	1:28
Lap 2	2.34	12:53	5:30	1	-	5	2:06	3.72	20:05	5:23	1	-	6	3:34
Last lap Finish	1.28	7:06	5:32	1	-	6	0:55	5.00	27:11	5:26	1	-	6	4:29