



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Müller, Tanja**

Club: Arnstadt

Number: 87

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 31:12

Speed: 9.62 km/h

Running performance: 6:14 min/km

Rank in course/Total: 26 (of 30)

Rank in course/Women: 8 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 31:12

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|-----------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                 |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Lap 1           | 1.38        | 8:33          | 6:11            | 1           | -              | 9            | 2:49            | 1.38          | 8:33          | 6:11            | 1           | -              | 9            | 2:49            |
| Lap 2           | 2.34        | 14:51         | 6:20            | 1           | -              | 8            | 4:04            | 3.72          | 23:24         | 6:17            | 1           | -              | 9            | 6:53            |
| Last lap Finish | 1.28        | 7:48          | 6:05            | 1           | -              | 7            | 1:37            | 5.00          | 31:12         | 6:14            | 1           | -              | 8            | 8:30            |