



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hänsgen, Katrin

Club: TSG Ruhla/WSC 07

Number: 81

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 31:32

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 28 (of 30)

Rank in course/Women: 9 (of 10)

Best time in course: 22:42

Rank in category: 1(of 1)

Best time in the category: 31:32

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	8:22	6:03	1	-	8	2:38	1.38	8:22	6:03	1	-	8	2:38
Lap 2	2.34	15:01	6:25	1	-	9	4:14	3.72	23:23	6:17	1	-	8	6:52
Last lap Finish	1.28	8:09	6:22	1	-	8	1:58	5.00	31:32	6:18	1	-	9	8:50