



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Hein, Lea**

Club: Katholische Laufjugend Arnstadt

Number: 93

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29 Jahre)

Total time: 33:32

Speed: 8.95 km/h

Running performance: 6:43 min/km

Rank in course/Total: 29 (of 30)

Rank in course/Women: 10 (of 10)

Best time in course: 22:42

Rank in category: 2(of 2)

Best time in the category: 24:50

### Intermediate times

### Stage score

### Total ranking

| Control         | Split km | Split Time | Split min/km | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|-----------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|                 |          |            |              | 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     | 8:38       | 6:15         | 2           | 2:13        | 10        | 2:54         | 1.38          | 8:38       | 6:15         | 2        | 2:13        | 10        | 2:54         |
| Lap 2           | 2.34     | 15:48      | 6:45         | 2           | 3:45        | 10        | 5:01         | 3.72          | 24:26      | 6:34         | 2        | 5:58        | 10        | 7:55         |
| Last lap Finish | 1.28     | 9:06       | 7:06         | 2           | 2:44        | 10        | 2:55         | 5.00          | 33:32      | 6:42         | 2        | 8:42        | 10        | 10:50        |