



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Jacob, Catrin

Club: Arnstadt

Number: 171

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 44:28

Speed: 13.49 km/h

Running performance: 4:27 min/km

Rank in course/Total: 14 (of 68)

Rank in course/Women: 1 (of 16)

Best time in course: 44:28

Rank in category: 1(of 4)

Best time in the category: 44:28

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Lap 1	1.67	6:30	3:53	1	-	1	-	1.67	6:30	3:53	1	-	1	-	-	-	-
Lap 2	2.35	10:17	4:22	1	-	1	-	4.02	16:47	4:10	1	-	1	-	-	-	-
Lap 3	2.35	10:31	4:28	1	-	1	-	6.37	27:18	4:17	1	-	1	-	-	-	-
Lap 4	2.35	11:05	4:42	1	-	1	-	8.72	38:23	4:24	1	-	1	-	-	-	-
Last lap Finish	1.28	6:05	4:45	1	-	1	-	10.00	44:28	4:26	1	-	1	-	-	-	-