



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Barabasch, Kristin

Club: N3 Sportverein e.V.

Number: 152

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:45 min/km

Rank in course/Total: 21 (of 68)

Rank in course/Women: 2 (of 16)

Best time in course: 44:28

Rank in category: 1(of 4)

Best time in the category: 47:32

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	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Lap 1	1.67	7:14	4:19	1	-	2	0:44	1.67	7:14	4:19	1	-	2	0:44
Lap 2	2.35	11:10	4:45	1	-	2	0:53	4.02	18:24	4:34	1	-	2	1:37
Lap 3	2.35	11:24	4:51	1	-	2	0:53	6.37	29:48	4:40	1	-	2	2:30
Lap 4	2.35	11:26	4:51	1	-	2	0:21	8.72	41:14	4:43	1	-	2	2:51
Last lap Finish	1.28	6:18	4:55	1	-	2	0:13	10.00	47:32	4:45	1	-	2	3:04