



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Beyer, Nicole

Club: SV Ichttershausen

Number: 155

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 47:53

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 25 (of 68)

Rank in course/Women: 3 (of 16)

Best time in course: 44:28

Rank in category: 2(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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Lap 1	1.67	7:15	4:20	2	0:45	3	0:45	1.67	7:15	4:20	2	0:45	3	0:45
Lap 2	2.35	11:11	4:45	2	0:54	3	0:54	4.02	18:26	4:35	2	1:39	3	1:39
Lap 3	2.35	11:27	4:52	2	0:56	3	0:56	6.37	29:53	4:41	2	2:35	3	2:35
Lap 4	2.35	11:35	4:55	2	0:30	3	0:30	8.72	41:28	4:45	2	3:05	3	3:05
Last lap Finish	1.28	6:25	5:00	2	0:20	4	0:20	10.00	47:53	4:47	2	3:25	3	3:25