



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bergter, Susanne

Club: Ilmenau

Number: 154

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 50:32

Speed: 11.87 km/h

Running performance: 5:03 min/km

Rank in course/Total: 34 (of 68)

Rank in course/Women: 4 (of 16)

Best time in course: 44:28

Rank in category: 1(of 2)

Best time in the category: 50:32

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	1	-	3	0:45	1.67	7:15	4:20	1	-	3	0:45
Lap 2	2.35	11:57	5:05	1	-	5	1:40	4.02	19:12	4:46	1	-	4	2:25
Lap 3	2.35	12:14	5:12	1	-	5	1:43	6.37	31:26	4:56	1	-	4	4:08
Lap 4	2.35	12:22	5:15	1	-	6	1:17	8.72	43:48	5:01	1	-	4	5:25
Last lap Finish	1.28	6:44	5:15	1	-	6	0:39	10.00	50:32	5:03	1	-	4	6:04