



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Tittelbach-Helmrich, Uta

Club: Alkersleben

Number: 191

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 50:41

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 35 (of 68)

Rank in course/Women: 5 (of 16)

Best time in course: 44:28

Rank in category: 2(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.	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	7:39	4:34	2	0:25	7	1:09	1.67	7:39	4:34	2	0:25	7	1:09
Lap 2	2.35	12:14	5:12	2	1:04	7	1:57	4.02	19:53	4:56	2	1:29	7	3:06
Lap 3	2.35	12:15	5:12	2	0:51	6	1:44	6.37	32:08	5:02	2	2:20	7	4:50
Lap 4	2.35	12:09	5:10	2	0:43	4	1:04	8.72	44:17	5:04	2	3:03	7	5:54
Last lap Finish	1.28	6:24	5:00	2	0:06	3	0:19	10.00	50:41	5:04	2	3:09	5	6:13