



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Erdmann, Stephanie

Club: Lok ARN

Number: 22

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 50:43

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 36 (of 68)

Rank in course/Women: 6 (of 16)

Best time in course: 44:28

Rank in category: 3(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	7:26	4:27	3	0:56	6	0:56	1.67	7:26	4:27	3	0:56	6	0:56
Lap 2	2.35	11:59	5:05	3	1:42	6	1:42	4.02	19:25	4:49	3	2:38	6	2:38
Lap 3	2.35	12:16	5:13	3	1:45	7	1:45	6.37	31:41	4:58	3	4:23	6	4:23
Lap 4	2.35	12:21	5:15	3	1:16	5	1:16	8.72	44:02	5:02	3	5:39	6	5:39
Last lap Finish	1.28	6:41	5:13	3	0:36	5	0:36	10.00	50:43	5:04	3	6:15	6	6:15