



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hildebrandt, Elke

Club: Dream Team Ilmenau

Number: 167

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W55 (55-59 Jahre)

Total time: 50:54

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 37 (of 68)

Rank in course/Women: 7 (of 16)

Best time in course: 44:28

Rank in category: 1(of 1)

Best time in the category: 50:54

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	7:23	4:25	1	-	5	0:53	1.67	7:23	4:25	1	-	5	0:53
Lap 2	2.35	11:53	5:03	1	-	4	1:36	4.02	19:16	4:47	1	-	5	2:29
Lap 3	2.35	12:11	5:11	1	-	4	1:40	6.37	31:27	4:56	1	-	5	4:09
Lap 4	2.35	12:29	5:18	1	-	7	1:24	8.72	43:56	5:02	1	-	5	5:33
Last lap Finish	1.28	6:58	5:26	1	-	8	0:53	10.00	50:54	5:05	1	-	7	6:26