



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Selig, Aileen

Club: TRCT Racing Team

Number: 188

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 53:01

Speed: 11.32 km/h

Running performance: 5:18 min/km

Rank in course/Total: 44 (of 68)

Rank in course/Women: 8 (of 16)

Best time in course: 44:28

Rank in category: 3(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	1.67	8:09	4:52	3	0:55	10	1:39	1.67	8:09	4:52	3	0:55	10	1:39
Lap 2	2.35	12:20	5:14	3	1:10	8	2:03	4.02	20:29	5:05	3	2:05	8	3:42
Lap 3	2.35	12:41	5:23	3	1:17	8	2:10	6.37	33:10	5:12	3	3:22	8	5:52
Lap 4	2.35	12:57	5:30	3	1:31	8	1:52	8.72	46:07	5:17	3	4:53	8	7:44
Last lap Finish	1.28	6:54	5:23	3	0:36	7	0:49	10.00	53:01	5:18	3	5:29	8	8:33