



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Grosser, Ulrike

Club: AP Racing Team Apolda

Number: 163

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W50 (50-54 Jahre)

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 48 (of 68)

Rank in course/Women: 9 (of 16)

Best time in course: 44:28

Rank in category: 1(of 2)

Best time in the category: 54:00

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	7:51	4:42	1	-	8	1:21	1.67	7:51	4:42	1	-	8	1:21
Lap 2	2.35	12:42	5:24	1	-	10	2:25	4.02	20:33	5:06	1	-	9	3:46
Lap 3	2.35	12:57	5:30	1	-	9	2:26	6.37	33:30	5:15	1	-	9	6:12
Lap 4	2.35	13:11	5:36	1	-	9	2:06	8.72	46:41	5:21	1	-	9	8:18
Last lap Finish	1.28	7:19	5:42	1	-	11	1:14	10.00	54:00	5:24	1	-	9	9:32