



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 |