



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Dimitrovici, Steffanie

Club: Arnstadt

Number: 199

Course: 10.00 km

10-km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:54

Speed: 9.24 km/h

Running performance: 6:29 min/km

Rank in course/Total: 65 (of 68)

Rank in course/Women: 16 (of 16)

Best time in course: 44:28

Rank in category: 2(of 2)

Best time in the category: 50:32

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
|-----------------|----------|------------|--------------|----------|-------------|-----------|--------------|----------|------------|--------------|----------|-------------|-----------|--------------|
| | | | | | | | | | | | | | | |
| Lap 1 | 1.67 | 9:10 | 5:29 | 2 | 1:55 | 14 | 2:40 | 1.67 | 9:10 | 5:29 | 2 | 1:55 | 14 | 2:40 |
| Lap 2 | 2.35 | 16:01 | 6:48 | 2 | 4:04 | 16 | 5:44 | 4.02 | 25:11 | 6:15 | 2 | 5:59 | 16 | 8:24 |
| Lap 3 | 2.35 | 15:30 | 6:35 | 2 | 3:16 | 15 | 4:59 | 6.37 | 40:41 | 6:23 | 2 | 9:15 | 16 | 13:23 |
| Lap 4 | 2.35 | 15:42 | 6:40 | 2 | 3:20 | 15 | 4:37 | 8.72 | 56:23 | 6:27 | 2 | 12:35 | 16 | 18:00 |
| Last lap Finish | 1.28 | 8:31 | 6:39 | 2 | 1:47 | 15 | 2:26 | 10.00 | 1:04:54 | 6:29 | 2 | 14:22 | 16 | 20:26 |