



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Pia Kortum

Club: SV 90 Gräfenroda

Number: 226

Course: 10.00 km

10-km-Lauf (A-B-C Cup)

Category:

Seniorinnen W30 (30-34) L

Total time: 46:30

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 15 (of 67)

Rank in course/Women: 3 (of 25)

Best time in course: 41:41

Rank in category: 2(of 3)

Best time in the category: 41:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Hammerecke	1.67	7:10	4:17	2	0:19	4	0:19	1.67	7:10	4:17	2	0:19	4	0:19
Hammerecke	2.35	10:50	4:36	2	1:01	4	1:01	4.02	18:00	4:28	2	1:20	4	1:20
Control	2.35	11:19	4:48	2	1:28	4	1:28	6.37	29:19	4:36	2	2:48	4	2:48
Control	2.35	11:13	4:46	2	1:28	3	1:28	8.72	40:32	4:38	2	4:16	3	4:16
Finish	1.28	5:58	4:39	2	0:33	2	0:33	10.00	46:30	4:39	2	4:49	3	4:49