



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Doreen Maskos

Club: Auslaufmodelle.TV e.V

Number: 233

Course: 10.00 km

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

Category:

Seniorinnen W35 (35-39) L

Total time: 53:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 36 (of 67)

Rank in course/Women: 8 (of 25)

Best time in course: 41:41

Rank in category: 1(of 2)

Best time in the category: 53:20

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Hammerecke	1.67	7:44	4:37	1	-	8	0:53	1.67	7:44	4:37	1	-	8	0:53
Hammerecke	2.35	12:41	5:23	1	-	10	2:52	4.02	20:25	5:04	1	-	8	3:45
Control	2.35	13:09	5:35	1	-	9	3:18	6.37	33:34	5:16	1	-	9	7:03
Control	2.35	12:42	5:24	1	-	7	2:57	8.72	46:16	5:18	1	-	8	10:00
Finish	1.28	7:04	5:31	1	-	8	1:39	10.00	53:20	5:20	1	-	8	11:39