



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Jenny Gräßler

Number: 211

Course: 10.00 km

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

Category:

Seniorinnen W35 (35-39) L

Total time: 57:21

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 48 (of 67)

Rank in course/Women: 16 (of 25)

Best time in course: 41:41

Rank in category: 2(of 2)

Best time in the category: 53:20

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
Hammerecke	1.67	8:33	5:07	2	0:49	16	1:42	1.67	8:33	5:07	2	0:49	16	1:42
Hammerecke	2.35	13:30	5:44	2	0:49	17	3:41	4.02	22:03	5:29	2	1:38	16	5:23
Control	2.35	13:56	5:55	2	0:47	18	4:05	6.37	35:59	5:38	2	2:25	16	9:28
Control	2.35	13:55	5:55	2	1:13	16	4:10	8.72	49:54	5:43	2	3:38	16	13:38
Finish	1.28	7:27	5:49	2	0:23	15	2:02	10.00	57:21	5:44	2	4:01	16	15:40