



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Uta Tittelbach-Helmrich

Total time: 50:44

Number: 247

Speed: 11.83 km/h

Running performance: 5:04 min/km

Course: 10.00 km

Rank in course/Total: 28 (of 67)

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

Rank in course/Women: 5 (of 25)

Best time in course: 41:41

Category:

Rank in category: 2(of 7)

Seniorinnen W40 (40-44) L

Best time in the category: 45:08

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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
Hammerecke	1.67	7:35	4:32	2	0:30	7	0:44	1.67	7:35	4:32	2	0:30	7	0:44
Hammerecke	2.35	11:48	5:01	2	1:22	7	1:59	4.02	19:23	4:49	2	1:52	7	2:43
Control	2.35	12:08	5:09	2	1:25	6	2:17	6.37	31:31	4:56	2	3:17	6	5:00
Control	2.35	12:23	5:16	2	1:30	5	2:38	8.72	43:54	5:02	2	4:47	5	7:38
Finish	1.28	6:50	5:20	2	0:49	5	1:25	10.00	50:44	5:04	2	5:36	5	9:03