



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Franziska Arndt**

Club: Erfurt  
Number: 266

Course: 10.00 km  
10-km-Lauf (A-B-C Cup)

Category:  
Seniorinnen W40 (40-44) L

Total time: 53:03

Speed: 11.31 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 35 (of 67)

Rank in course/Women: 7 (of 25)

Best time in course: 41:41

Rank in category: 3(of 7)

Best time in the category: 45:08

### 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	8:13	4:55	3	1:08	9	1:22	1.67	8:13	4:55	3	1:08	9	1:22
Hammerecke	2.35	12:31	5:19	3	2:05	8	2:42	4.02	20:44	5:09	3	3:13	9	4:04
Control	2.35	12:35	5:21	3	1:52	8	2:44	6.37	33:19	5:13	3	5:05	8	6:48
Control	2.35	12:41	5:23	3	1:48	6	2:56	8.72	46:00	5:16	3	6:53	7	9:44
Finish	1.28	7:03	5:30	3	1:02	7	1:38	10.00	53:03	5:18	3	7:55	7	11:22