



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Aileen Selig

Club: Trailrunning-Crew Thüringen

Number: 242

Course: 10.00 km

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

Category:

Seniorinnen W40 (40-44) L

Total time: 55:21

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 39 (of 67)

Rank in course/Women: 10 (of 25)

Best time in course: 41:41

Rank in category: 4(of 7)

Best time in the category: 45:08

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	8:27	5:03	4	1:22	10	1:36	1.67	8:27	5:03	4	1:22	10	1:36
Hammerecke	2.35	12:40	5:23	4	2:14	9	2:51	4.02	21:07	5:15	4	3:36	10	4:27
Control	2.35	13:22	5:41	4	2:39	11	3:31	6.37	34:29	5:24	4	6:15	10	7:58
Control	2.35	13:39	5:48	4	2:46	13	3:54	8.72	48:08	5:31	4	9:01	10	11:52
Finish	1.28	7:13	5:38	4	1:12	10	1:48	10.00	55:21	5:32	4	10:13	10	13:40