



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Anja Kiefer

Club: Hügelgang

Number: 269

Course: 10.00 km

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

Category:

Seniorinnen W40 (40-44) L

Total time: 57:21

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 49 (of 67)

Rank in course/Women: 16 (of 25)

Best time in course: 41:41

Rank in category: 5(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.	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	5	1:28	16	1:42	1.67	8:33	5:07	5	1:28	16	1:42
Hammerecke	2.35	13:30	5:44	5	3:04	17	3:41	4.02	22:03	5:29	5	4:32	16	5:23
Control	2.35	13:56	5:55	6	3:13	18	4:05	6.37	35:59	5:38	5	7:45	16	9:28
Control	2.35	13:54	5:54	5	3:01	15	4:09	8.72	49:53	5:43	5	10:46	15	13:37
Finish	1.28	7:28	5:49	5	1:27	16	2:03	10.00	57:21	5:44	5	12:13	16	15:40