



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Jana Kalmring

Number: 222

Course: 10.00 km

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

Category:

Seniorinnen W40 (40-44) L

Total time: 58:03

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 53 (of 67)

Rank in course/Women: 18 (of 25)

Best time in course: 41:41

Rank in category: 6(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 | 9:08 | 5:28 | 6 | 2:03 | 19 | 2:17 | 1.67 | 9:08 | 5:28 | 6 | 2:03 | 19 | 2:17 |
| Hammerecke | 2.35 | 13:30 | 5:44 | 5 | 3:04 | 17 | 3:41 | 4.02 | 22:38 | 5:37 | 6 | 5:07 | 19 | 5:58 |
| Control | 2.35 | 13:51 | 5:53 | 5 | 3:08 | 17 | 4:00 | 6.37 | 36:29 | 5:43 | 6 | 8:15 | 19 | 9:58 |
| Control | 2.35 | 14:03 | 5:58 | 6 | 3:10 | 17 | 4:18 | 8.72 | 50:32 | 5:47 | 6 | 11:25 | 18 | 14:16 |
| Finish | 1.28 | 7:31 | 5:52 | 6 | 1:30 | 17 | 2:06 | 10.00 | 58:03 | 5:48 | 6 | 12:55 | 18 | 16:22 |