



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	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	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