



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Jenny Juffa

Number: 221

Course: 10.00 km

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

Category:

Seniorinnen W40 (40-44) L

Total time: 1:05:25

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 63 (of 67)

Rank in course/Women: 23 (of 25)

Best time in course: 41:41

Rank in category: 7(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	10:12	6:06	7	3:07	24	3:21	1.67	10:12	6:06	7	3:07	24	3:21
Hammerecke	2.35	15:19	6:31	7	4:53	25	5:30	4.02	25:31	6:20	7	8:00	25	8:51
Control	2.35	16:05	6:50	7	5:22	24	6:14	6.37	41:36	6:31	7	13:22	24	15:05
Control	2.35	15:32	6:36	7	4:39	22	5:47	8.72	57:08	6:33	7	18:01	23	20:52
Finish	1.28	8:17	6:28	7	2:16	22	2:52	10.00	1:05:25	6:32	7	20:17	23	23:44