



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Kristin Barabasch

Club: N3 Sportverein e.V.

Number: 202

Course: 10.00 km

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

Category:

Seniorinnen W45 (45-49) L

Total time: 47:55

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 20 (of 67)

Rank in course/Women: 4 (of 25)

Best time in course: 41:41

Rank in category: 1(of 5)

Best time in the category: 47:55

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	7:22	4:24	2	0:16	6	0:31	1.67	7:22	4:24	2	0:16	6	0:31
Hammerecke	2.35	11:14	4:46	2	0:55	5	1:25	4.02	18:36	4:37	2	1:11	5	1:56
Control	2.35	11:29	4:53	2	1:07	5	1:38	6.37	30:05	4:43	2	2:18	5	3:34
Control	2.35	11:34	4:55	1	-	4	1:49	8.72	41:39	4:46	1	-	4	5:23
Finish	1.28	6:16	4:53	1	-	4	0:51	10.00	47:55	4:47	1	-	4	6:14