



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Katrin Heinz

Club: Laufftreff Oberndorf

Number: 253

Course: 10.00 km

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

Category:

Seniorinnen W45 (45-49) L

Total time: 55:25

Speed: 10.83 km/h

Running performance: 5:32 min/km

Rank in course/Total: 40 (of 67)

Rank in course/Women: 11 (of 25)

Best time in course: 41:41

Rank in category: 2 (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	8:29	5:04	3	1:23	15	1:38	1.67	8:29	5:04	3	1:23	15	1:38
Hammerecke	2.35	12:52	5:28	3	2:33	14	3:03	4.02	21:21	5:18	3	3:56	14	4:41
Control	2.35	13:32	5:45	3	3:10	13	3:41	6.37	34:53	5:28	3	7:06	13	8:22
Control	2.35	13:18	5:39	2	1:44	8	3:33	8.72	48:11	5:31	2	6:32	12	11:55
Finish	1.28	7:14	5:39	2	0:58	11	1:49	10.00	55:25	5:32	2	7:30	11	13:44