



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Katrin Franke

Total time: 1:01:18

Number: 206

Speed: 9.79 km/h

Running performance: 6:07 min/km

Course: 10.00 km

Rank in course/Total: 59 (of 67)

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

Rank in course/Women: 20 (of 25)

Best time in course: 41:41

Category:

Rank in category: 3(of 5)

Seniorinnen W45 (45-49) L

Best time in the category: 47:55

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	9:32	5:42	4	2:26	22	2:41	1.67	9:32	5:42	4	2:26	22	2:41
Hammerecke	2.35	14:15	6:03	4	3:56	21	4:26	4.02	23:47	5:54	4	6:22	22	7:07
Control	2.35	14:47	6:17	4	4:25	21	4:56	6.37	38:34	6:03	4	10:47	21	12:03
Control	2.35	14:48	6:17	3	3:14	20	5:03	8.72	53:22	6:07	3	11:43	20	17:06
Finish	1.28	7:56	6:11	3	1:40	19	2:31	10.00	1:01:18	6:07	3	13:23	20	19:37