



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Melanie Thiel

Total time: 1:07:33

Number: 246

Speed: 8.88 km/h

Running performance: 6:45 min/km

Course: 10.00 km

Rank in course/Total: 65 (of 67)

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

Rank in course/Women: 24 (of 25)

Category:

Best time in course: 41:41

Seniorinnen W45 (45-49) L

Rank in category: 4(of 5)

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	10:13	6:07	5	3:07	25	3:22	1.67	10:13	6:07	5	3:07	25	3:22
Hammerecke	2.35	15:17	6:30	5	4:58	24	5:28	4.02	25:30	6:20	5	8:05	24	8:50
Control	2.35	16:28	7:00	5	6:06	25	6:37	6.37	41:58	6:35	5	14:11	25	15:27
Control	2.35	16:35	7:03	4	5:01	24	6:50	8.72	58:33	6:42	4	16:54	24	22:17
Finish	1.28	9:00	7:01	4	2:44	24	3:35	10.00	1:07:33	6:45	4	19:38	24	25:52