



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Christiane Stüber

Club: SV Ictershausen

Number: 276

Course: 10.00 km

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

Category:

Seniorinnen W50 (50-54) L

Total time: 55:12

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 38 (of 67)

Rank in course/Women: 9 (of 25)

Best time in course: 41:41

Rank in category: 1 (of 2)

Best time in the category: 55:12

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Hammerecke	1.67	8:28	5:04	1	-	12	1:37	1.67	8:28	5:04	1	-	12	1:37
Hammerecke	2.35	12:47	5:26	1	-	11	2:58	4.02	21:15	5:17	1	-	12	4:35
Control	2.35	13:20	5:40	1	-	10	3:29	6.37	34:35	5:25	1	-	11	8:04
Control	2.35	13:19	5:39	1	-	9	3:34	8.72	47:54	5:29	1	-	9	11:38
Finish	1.28	7:18	5:42	1	-	12	1:53	10.00	55:12	5:31	1	-	9	13:31