



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Ulrike Grosser**

Club: AP Racing Team Apolda

Number: 213

Course: 10.00 km

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

Category:

Seniorinnen W55 (55-59) L

Total time: 55:31

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 41 (of 67)

Rank in course/Women: 12 (of 25)

Best time in course: 41:41

Rank in category: 1(of 3)

Best time in the category: 55:31

### 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	8:27	5:03	1	-	10	1:36	1.67	8:27	5:03	1	-	10	1:36
Hammerecke	2.35	12:47	5:26	1	-	11	2:58	4.02	21:14	5:16	1	-	11	4:34
Control	2.35	13:32	5:45	2	0:01	13	3:41	6.37	34:46	5:27	1	-	12	8:15
Control	2.35	13:24	5:42	1	-	10	3:39	8.72	48:10	5:31	1	-	11	11:54
Finish	1.28	7:21	5:44	1	-	13	1:56	10.00	55:31	5:33	1	-	12	13:50