



32. Arnstädter Citylauf
Arnstadt / 27.04.2024

Detailed evaluation

Anja Gastmann

Number: 210

Course: 10.00 km
10-km-Lauf (A-B-C Cup)

Category:
Seniorinnen W55 (55-59) L

Total time: 55:50

Speed: 10.75 km/h
Running performance: 5:35 min/km

Rank in course/Total: 43 (of 67)

Rank in course/Women: 13 (of 25)

Best time in course: 41:41

Rank in category: 2(of 3)

Best time in the category: 55:31

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	8:28	5:04	2	0:01	12	1:37	1.67	8:28	5:04	2	0:01	12	1:37
Hammerecke	2.35	12:56	5:30	2	0:09	15	3:07	4.02	21:24	5:19	2	0:10	15	4:44
Control	2.35	13:31	5:45	1	-	12	3:40	6.37	34:55	5:28	2	0:09	14	8:24
Control	2.35	13:34	5:46	2	0:10	12	3:49	8.72	48:29	5:33	2	0:19	13	12:13
Finish	1.28	7:21	5:44	1	-	13	1:56	10.00	55:50	5:35	2	0:19	13	14:09