



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Ines Becker

Total time: 1:00:38

Number: 256

Speed: 9.90 km/h

Running performance: 6:03 min/km

Course: 10.00 km

Rank in course/Total: 58 (of 67)

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

Rank in course/Women: 19 (of 25)

Category:

Best time in course: 41:41

Seniorinnen W55 (55-59) L

Rank in category: 3(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     | 9:09       | 5:28         | 3        | 0:42        | 21          | 2:18         | 1.67          | 9:09       | 5:28         | 3        | 0:42        | 21        | 2:18         |
| Hammerecke | 2.35     | 14:08      | 6:00         | 3        | 1:21        | 20          | 4:19         | 4.02          | 23:17      | 5:47         | 3        | 2:03        | 20        | 6:37         |
| Control    | 2.35     | 14:35      | 6:12         | 3        | 1:04        | 20          | 4:44         | 6.37          | 37:52      | 5:56         | 3        | 3:06        | 20        | 11:21        |
| Control    | 2.35     | 14:35      | 6:12         | 3        | 1:11        | 19          | 4:50         | 8.72          | 52:27      | 6:00         | 3        | 4:17        | 19        | 16:11        |
| Finish     | 1.28     | 8:11       | 6:23         | 3        | 0:50        | 20          | 2:46         | 10.00         | 1:00:38    | 6:03         | 3        | 5:07        | 19        | 18:57        |