



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Ingrid Pahn**

Club: ZahnPAHN.de

Number: 261

Course: 10.00 km

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

Category:

Seniorinnen W60 (60-64) L

Total time: 57:05

Speed: 10.51 km/h

Running performance: 5:42 min/km

Rank in course/Total: 46 (of 67)

Rank in course/Women: 14 (of 25)

Best time in course: 41:41

Rank in category: 1(of 1)

Best time in the category: 57:05

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	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	8:54	5:19	1	-	18	2:03	1.67	8:54	5:19	1	-	18	2:03
Hammerecke	2.35	13:27	5:43	1	-	16	3:38	4.02	22:21	5:33	1	-	18	5:41
Control	2.35	13:46	5:51	1	-	16	3:55	6.37	36:07	5:40	1	-	18	9:36
Control	2.35	13:49	5:52	1	-	14	4:04	8.72	49:56	5:43	1	-	17	13:40
Finish	1.28	7:09	5:35	1	-	9	1:44	10.00	57:05	5:42	1	-	14	15:24