



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Lea Hein

Club: Katholische Laufjugend Arnstadt

Number: 124

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29) M

Total time: 36:26

Speed: 8.23 km/h

Running performance: 7:17 min/km

Rank in course/Total: 35 (of 40)

Rank in course/Women: 15 (of 19)

Best time in course: 24:19

Rank in category: 2(of 3)

Best time in the category: 27:27

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	1.38	9:14	6:41	2	2:39	17	3:06	1.38	9:14	6:41	2	2:39	17	3:06
Hammerecke	2.34	17:35	7:30	2	4:01	16	5:58	3.72	26:49	7:12	2	6:40	17	9:04
Finish	1.28	9:37	7:30	2	2:19	15	3:03	5.00	36:26	7:17	2	8:59	15	12:07