



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Jette Hein

Club: Katholische Laufjugend Arnstadt

Number: 123

Course: 5.00 km

5-km-Lauf

Category:

Frauen (20-29) M

Total time: 41:42

Speed: 7.19 km/h

Running performance: 8:20 min/km

Rank in course/Total: 38 (of 40)

Rank in course/Women: 18 (of 19)

Best time in course: 24:19

Rank in category: 3(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	10:02	7:16	3	3:27	19	3:54	1.38	10:02	7:16	3	3:27	19	3:54
Hammerecke	2.34	21:41	9:15	3	8:07	18	10:04	3.72	31:43	8:31	3	11:34	18	13:58
Finish	1.28	9:59	7:47	3	2:41	16	3:25	5.00	41:42	8:20	3	14:15	18	17:23