



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Katharina Krause

Club: N3 Sportverein e.V.

Number: 113

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39) M

Total time: 24:37

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 8 (of 40)

Rank in course/Women: 2 (of 19)

Best time in course: 24:19

Rank in category: 1 (of 5)

Best time in the category: 24:37

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Hammerecke	1.38	6:22	4:36	1	-	2	0:14	1.38	6:22	4:36	1	-	2	0:14
Hammerecke	2.34	11:41	4:59	1	-	2	0:04	3.72	18:03	4:51	1	-	2	0:18
Finish	1.28	6:34	5:07	1	-	1	-	5.00	24:37	4:55	1	-	2	0:18