



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Sinja König

Number: 131

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39) M

Total time: 27:30

Speed: 10.91 km/h

Running performance: 5:30 min/km

Rank in course/Total: 17 (of 40)

Rank in course/Women: 4 (of 19)

Best time in course: 24:19

Rank in category: 2 (of 5)

Best time in the category: 24:37

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	7:03	5:06	3	0:41	6	0:55	1.38	7:03	5:06	3	0:41	6	0:55
Hammerecke	2.34	12:59	5:32	2	1:18	3	1:22	3.72	20:02	5:23	2	1:59	3	2:17
Finish	1.28	7:28	5:49	3	0:54	5	0:54	5.00	27:30	5:30	2	2:53	4	3:11