



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Josefine du Maire

Number: 22

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39) M

Total time: 27:48

Speed: 10.79 km/h

Running performance: 5:33 min/km

Rank in course/Total: 18 (of 40)

Rank in course/Women: 5 (of 19)

Best time in course: 24:19

Rank in category: 3(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	7:02	5:05	2	0:40	5	0:54	1.38	7:02	5:05	2	0:40	5	0:54
Hammerecke	2.34	13:19	5:41	3	1:38	4	1:42	3.72	20:21	5:28	3	2:18	5	2:36
Finish	1.28	7:27	5:49	2	0:53	4	0:53	5.00	27:48	5:33	3	3:11	5	3:29