



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Tina Geyer

Club: IK.IW.IW ♥ Team 2023

Number: 103

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W35 (35-39) M

Total time: 33:28

Speed: 8.96 km/h

Running performance: 6:41 min/km

Rank in course/Total: 31 (of 40)

Rank in course/Women: 13 (of 19)

Best time in course: 24:19

Rank in category: 4(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Hammerecke	1.38	8:41	6:17	4	2:19	14	2:33	1.38	8:41	6:17	4	2:19	14	2:33
Hammerecke	2.34	16:20	6:58	4	4:39	14	4:43	3.72	25:01	6:43	4	6:58	14	7:16
Finish	1.28	8:27	6:36	4	1:53	11	1:53	5.00	33:28	6:41	4	8:51	13	9:09