



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Juliane Lux

Number: 121

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W40 (40-44) M

Total time: 34:01

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 34 (of 40)

Rank in course/Women: 14 (of 19)

Best time in course: 24:19

Rank in category: 2 (of 2)

Best time in the category: 24:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Hammerecke	1.38	8:29	6:08	2	2:21	13	2:21	1.38	8:29	6:08	2	2:21	13	2:21	
Hammerecke	2.34	16:08	6:53	2	4:31	13	4:31	3.72	24:37	6:37	2	6:52	13	6:52	
Finish	1.28	9:24	7:20	2	2:50	14	2:50	5.00	34:01	6:48	2	9:42	14	9:42	