



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Tanja Müller

Total time: 31:59

Number: 115

Speed: 9.38 km/h

Running performance: 6:23 min/km

Course: 5.00 km

Rank in course/Total: 29 (of 40)

5-km-Lauf

Rank in course/Women: 12 (of 19)

Best time in course: 24:19

Category:

Rank in category: 1(of 1)

Seniorinnen W45 (45-49) M

Best time in the category: 31:59

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	8:43	6:18	1	-	15	2:35	1.38	8:43	6:18	1	-	15	2:35
Hammerecke	2.34	15:03	6:25	1	-	11	3:26	3.72	23:46	6:23	1	-	12	6:01
Finish	1.28	8:13	6:25	1	-	9	1:39	5.00	31:59	6:23	1	-	12	7:40