



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Rita Schmidt

Number: 139

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W50 (50-54) M

Total time: 31:54

Speed: 9.40 km/h

Running performance: 6:22 min/km

Rank in course/Total: 28 (of 40)

Rank in course/Women: 11 (of 19)

Best time in course: 24:19

Rank in category: 1(of 1)

Best time in the category: 31:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women	
								km	Time	min/km	Pos	Behind	Pos					Behind
Hammerecke	1.38	7:54	5:43	1	-	12	1:46	1.38	7:54	5:43	1	-	12	1:46				
Hammerecke	2.34	15:14	6:30	1	-	12	3:37	3.72	23:08	6:13	1	-	11	5:23				
Finish	1.28	8:46	6:50	1	-	13	2:12	5.00	31:54	6:22	1	-	11	7:35				