



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Rita Schmidt

Total time: 31:54

Number: 139

Speed: 9.40 km/h

Running performance: 6:22 min/km

Course: 5.00 km

Rank in course/Total: 28 (of 40)

5-km-Lauf

Rank in course/Women: 11 (of 19)

Best time in course: 24:19

Category:

Rank in category: 1(of 1)

Seniorinnen W50 (50-54) M

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.	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	7:54	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