



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Katrin Hänsgen

Club: TSG Ruhla

Number: 106

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W55 (55-59) M

Total time: 30:31

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 27 (of 40)

Rank in course/Women: 10 (of 19)

Best time in course: 24:19

Rank in category: 1(of 2)

Best time in the category: 30:31

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		
								km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Hammerecke	1.38	7:34	5:28	1	-	10	1:26	1.38	7:34	5:28	1	-	10	1:26
Hammerecke	2.34	14:40	6:16	1	-	7	3:03	3.72	22:14	5:58	1	-	7	4:29
Finish	1.28	8:17	6:28	1	-	10	1:43	5.00	30:31	6:06	1	-	10	6:12