



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Simone Forkel

Club: Gauder-Schleife

Number: 101

Course: 5.00 km

5-km-Lauf

Category:

Seniorinnen W55 (55-59) M

Total time: 36:42

Speed: 8.17 km/h

Running performance: 7:20 min/km

Rank in course/Total: 36 (of 40)

Rank in course/Women: 16 (of 19)

Best time in course: 24:19

Rank in category: 2(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.	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	9:04	6:34	2	1:30	16	2:56	1.38	9:04	6:34	2	1:30	16	2:56
Hammerecke	2.34	16:25	7:00	2	1:45	15	4:48	3.72	25:29	6:51	2	3:15	16	7:44
Finish	1.28	11:13	8:45	2	2:56	17	4:39	5.00	36:42	7:20	2	6:11	16	12:23