



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Marie Benda

Total time: 36:56

Number: 125

Speed: 8.12 km/h

Running performance: 7:23 min/km

Course: 5.00 km

Rank in course/Total: 37 (of 40)

5-km-Lauf

Rank in course/Women: 17 (of 19)

Best time in course: 24:19

Category:

Rank in category: 1(of 1)

weibliche Jugend U20 (18-19) M

Best time in the category: 36:56

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	7:42	5:34	1	-	11	1:34	1.38	7:42	5:34	1	-	11	1:34
Hammerecke	2.34	17:35	7:30	1	-	16	5:58	3.72	25:17	6:47	1	-	15	7:32
Finish	1.28	11:39	9:06	1	-	18	5:05	5.00	36:56	7:23	1	-	17	12:37