



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Siegfried Ritter

Number: 262

Course: 10.00 km
10-km-Lauf (A-B-C Cup)

Category:
Senioren M65 (65-69) L

Total time: 50:35

Speed: 11.86 km/h

Running performance: 5:03 min/km

Rank in course/Total: 27 (of 67)

Rank in course/Men: 23 (of 42)

Best time in course: 39:22

Rank in category: 2(of 3)

Best time in the category: 50:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.67	8:08	4:52	2	0:15	27	2:04	1.67	8:08	4:52	2	0:15	27	2:04
Hammerecke	2.35	11:58	5:05	2	0:16	27	2:42	4.02	20:06	5:00	2	0:31	27	4:46
Control	2.35	11:59	5:05	1	-	21	2:36	6.37	32:05	5:02	2	0:29	25	7:22
Control	2.35	11:56	5:04	1	-	19	2:25	8.72	44:01	5:02	2	0:25	23	9:47
Finish	1.28	6:34	5:07	1	-	21	1:26	10.00	50:35	5:03	2	0:17	23	11:13