



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Norbert Hahnemann

Club: SG Motor Arnstadt
Number: 254

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

Category:
Senioren M65 (65-69) L

Total time: 58:01

Speed: 10.34 km/h
Running performance: 5:48 min/km

Rank in course/Total: 52 (of 67)

Rank in course/Men: 35 (of 42)

Best time in course: 39:22

Rank in category: 3(of 3)

Best time in the category: 50:18

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Hammerecke	1.67	9:21	5:35	3	1:28	37	3:17	1.67	9:21	5:35	3	1:28	37	3:17	
Hammerecke	2.35	13:46	5:51	3	2:04	37	4:30	4.02	23:07	5:45	3	3:32	37	7:47	
Control	2.35	13:58	5:56	3	1:59	36	4:35	6.37	37:05	5:49	3	5:29	37	12:22	
Control	2.35	13:39	5:48	3	1:43	31	4:08	8.72	50:44	5:49	3	7:08	35	16:30	
Finish	1.28	7:17	5:41	3	0:43	31	2:09	10.00	58:01	5:48	3	7:43	35	18:39	