



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Hartmut Wächter**

Club: SG Motor Arnstadt

Number: 249

Course: 10.00 km

10-km-Lauf (A-B-C Cup)

Category:

Senioren M70 (70-74) L

Total time: 48:00

Speed: 12.50 km/h

Running performance: 4:47 min/km

Rank in course/Total: 21 (of 67)

Rank in course/Men: 17 (of 42)

Best time in course: 39:22

Rank in category: 1(of 1)

Best time in the category: 48:00

### Intermediate times

### Stage score

### Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Hammerecke	1.67	7:14	4:19	1	-	12	1:10	1.67	7:14	4:19	1	-	12	1:10
Hammerecke	2.35	11:05	4:42	1	-	15	1:49	4.02	18:19	4:33	1	-	15	2:59
Control	2.35	11:28	4:52	1	-	15	2:05	6.37	29:47	4:40	1	-	15	5:04
Control	2.35	11:40	4:57	1	-	16	2:09	8.72	41:27	4:45	1	-	16	7:13
Finish	1.28	6:33	5:07	1	-	18	1:25	10.00	48:00	4:47	1	-	17	8:38