



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Paul Johann Ziegenthaler

Number: 136

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29) M

Total time: 24:55

Speed: 12.04 km/h

Running performance: 4:59 min/km

Rank in course/Total: 10 (of 40)

Rank in course/Men: 8 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 24:55

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	1.38	6:32	4:44	1	-	10	1:58	1.38	6:32	4:44	1	-	10	1:58
Hammerecke	2.34	11:51	5:03	1	-	7	3:18	3.72	18:23	4:56	1	-	8	5:16
Finish	1.28	6:32	5:06	1	-	6	1:45	5.00	24:55	4:59	1	-	8	7:01