



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Paul Furch

Number: 102

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U14 (12-13) M

Total time: 28:58

Speed: 10.36 km/h

Running performance: 5:47 min/km

Rank in course/Total: 21 (of 40)

Rank in course/Men: 16 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 28:58

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	1.38	7:32	5:27	1	-	17	2:58	1.38	7:32	5:27	1	-	17	2:58
Hammerecke	2.34	13:56	5:57	1	-	15	5:23	3.72	21:28	5:46	1	-	17	8:21
Finish	1.28	7:30	5:51	1	-	15	2:43	5.00	28:58	5:47	1	-	16	11:04