



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Leo Stein

Number: 119

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U16 (14-15) M

Total time: 24:45

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 9 (of 40)

Rank in course/Men: 7 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 24:45

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	6:07	4:25	1	-	5	1:33	1.38	6:07	4:25	1	-	5	1:33
Hammerecke	2.34	11:51	5:03	1	-	7	3:18	3.72	17:58	4:49	1	-	6	4:51
Finish	1.28	6:47	5:17	1	-	8	2:00	5.00	24:45	4:57	1	-	7	6:51