



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Florian König

Club: LSV Lok Arnstadt

Number: 112

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U20 (18-19) M

Total time: 25:49

Speed: 11.62 km/h

Running performance: 5:09 min/km

Rank in course/Total: 12 (of 40)

Rank in course/Men: 10 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 25:49

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	6:00	4:20	1	-	4	1:26	1.38	6:00	4:20	1	-	4	1:26
Hammerecke	2.34	12:47	5:27	1	-	12	4:14	3.72	18:47	5:02	1	-	9	5:40
Finish	1.28	7:02	5:29	1	-	11	2:15	5.00	25:49	5:09	1	-	10	7:55