



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Tommy Ritter

Number: 129

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34) M

Total time: 27:21

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 15 (of 40)

Rank in course/Men: 13 (of 21)

Best time in course: 17:54

Rank in category: 1(of 2)

Best time in the category: 27:21

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	6:53	4:59	2	0:17	14	2:19	1.38	6:53	4:59	2	0:17	14	2:19
Hammerecke	2.34	13:02	5:34	1	-	13	4:29	3.72	19:55	5:21	1	-	13	6:48
Finish	1.28	7:26	5:48	1	-	13	2:39	5.00	27:21	5:28	1	-	13	9:27