



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Florian Roth

Club: N3 Sportverein e.V.

Number: 117

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34) M

Total time: 28:19

Speed: 10.59 km/h

Running performance: 5:39 min/km

Rank in course/Total: 20 (of 40)

Rank in course/Men: 15 (of 21)

Best time in course: 17:54

Rank in category: 2(of 2)

Best time in the category: 27:21

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	6:36	4:46	1	-	11	2:02	1.38	6:36	4:46	1	-	11	2:02
Hammerecke	2.34	14:03	6:00	2	1:01	16	5:30	3.72	20:39	5:33	2	0:44	15	7:32
Finish	1.28	7:40	5:59	2	0:14	16	2:53	5.00	28:19	5:39	2	0:58	15	10:25