



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Tino Maternowski

Club: N3 Sportverein

Number: 132

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39) M

Total time: 19:36

Speed: 15.31 km/h

Running performance: 3:55 min/km

Rank in course/Total: 2 (of 40)

Rank in course/Men: 2 (of 21)

Best time in course: 17:54

Rank in category: 2(of 5)

Best time in the category: 17:54

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	4:44	3:25	2	0:10	2	0:10	1.38	4:44	3:25	2	0:10	2	0:10
Hammerecke	2.34	9:26	4:01	2	0:53	2	0:53	3.72	14:10	3:48	2	1:03	2	1:03
Finish	1.28	5:26	4:14	2	0:39	3	0:39	5.00	19:36	3:55	2	1:42	2	1:42