



32. Arnstädter Citylauf
 Arnstadt / 27.04.2024

Detailed evaluation

Kai Stade

Number: 126

Course: 5.00 km
 5-km-Lauf

Category:
 Senioren M35 (35-39) M

Total time: 26:34

Speed: 11.29 km/h
 Running performance: 5:18 min/km

Rank in course/Total: 14 (of 40)

Rank in course/Men: 12 (of 21)

Best time in course: 17:54

Rank in category: 3(of 5)

Best time in the category: 17:54

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Hammerecke	1.38	6:56	5:01	4	2:22	15	2:22	1.38	6:56	5:01	4	2:22	15	2:22
Hammerecke	2.34	12:43	5:26	3	4:10	11	4:10	3.72	19:39	5:16	3	6:32	12	6:32
Finish	1.28	6:55	5:24	3	2:08	10	2:08	5.00	26:34	5:18	3	8:40	12	8:40