



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Christopher Grosser

Club: Setzeclub e.V.

Number: 104

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39) M

Total time: 29:52

Speed: 10.04 km/h

Running performance: 5:58 min/km

Rank in course/Total: 22 (of 40)

Rank in course/Men: 17 (of 21)

Best time in course: 17:54

Rank in category: 4(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	6:40	4:49	3	2:06	12	2:06	1.38	6:40	4:49	3	2:06	12	2:06
Hammerecke	2.34	14:29	6:11	4	5:56	17	5:56	3.72	21:09	5:41	4	8:02	16	8:02
Finish	1.28	8:43	6:48	5	3:56	18	3:56	5.00	29:52	5:58	4	11:58	17	11:58