



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Sven Grunwald

Club: IK.IW.IW. ♥ Team 2023

Number: 105

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39) M

Total time: 33:28

Speed: 8.96 km/h

Running performance: 6:41 min/km

Rank in course/Total: 30 (of 40)

Rank in course/Men: 18 (of 21)

Best time in course: 17:54

Rank in category: 5(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.38	8:42	6:18	5	4:08	20	4:08	1.38	8:42	6:18	5	4:08	20	4:08
Hammerecke	2.34	16:19	6:58	5	7:46	20	7:46	3.72	25:01	6:43	5	11:54	20	11:54
Finish	1.28	8:27	6:36	4	3:40	17	3:40	5.00	33:28	6:41	5	15:34	18	15:34