



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Christoph Kornhas

Number: 128

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44) M

Total time: 19:46

Speed: 15.18 km/h

Running performance: 3:57 min/km

Rank in course/Total: 3 (of 40)

Rank in course/Men: 3 (of 21)

Best time in course: 17:54

Rank in category: 1(of 5)

Best time in the category: 19:46

### 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	5:05	3:41	1	-	3	0:31	1.38	5:05	3:41	1	-	3	0:31
Hammerecke	2.34	9:27	4:02	1	-	3	0:54	3.72	14:32	3:54	1	-	3	1:25
Finish	1.28	5:14	4:05	1	-	2	0:27	5.00	19:46	3:57	1	-	3	1:52