



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Martin Hopfeld

Number: 110

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44) M

Total time: 24:33

Speed: 12.22 km/h

Running performance: 4:54 min/km

Rank in course/Total: 7 (of 40)

Rank in course/Men: 6 (of 21)

Best time in course: 17:54

Rank in category: 2(of 5)

Best time in the category: 19:46

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	6:26	4:39	2	1:21	8	1:52	1.38	6:26	4:39	2	1:21	8	1:52
Hammerecke	2.34	11:45	5:01	2	2:18	6	3:12	3.72	18:11	4:53	2	3:39	7	5:04
Finish	1.28	6:22	4:58	2	1:08	4	1:35	5.00	24:33	4:54	2	4:47	6	6:39