



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Lars Petzold

Number: 116

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44) M

Total time: 25:41

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 11 (of 40)

Rank in course/Men: 9 (of 21)

Best time in course: 17:54

Rank in category: 3(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	6:30	4:42	3	1:25	9	1:56	1.38	6:30	4:42	3	1:25	9	1:56
Hammerecke	2.34	12:18	5:15	3	2:51	9	3:45	3.72	18:48	5:03	3	4:16	10	5:41
Finish	1.28	6:53	5:22	3	1:39	9	2:06	5.00	25:41	5:08	3	5:55	9	7:47