



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Robert Schilling

Number: 122

Course: 5.00 km  
5-km-Lauf

Category:  
Senioren M40 (40-44) M

Total time: 34:01

Speed: 8.82 km/h

Running performance: 6:48 min/km

Rank in course/Total: 33 (of 40)

Rank in course/Men: 20 (of 21)

Best time in course: 17:54

Rank in category: 5(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    |            |              | Total ranking |             |         |            |
|------------|----------|------------|--------------|----------|-------------|-------------|------------|----------|------------|--------------|---------------|-------------|---------|------------|
|            |          |            |              |          |             | Pos Men     | Behind Men | Total km | Total Time | Total min/km | Pos Cat.      | Behind Cat. | Pos Men | Behind Men |
| Hammerecke | 1.38     | 8:30       | 6:09         | 5        | 3:25        | 18          | 3:56       | 1.38     | 8:30       | 6:09         | 5             | 3:25        | 18      | 3:56       |
| Hammerecke | 2.34     | 16:08      | 6:53         | 5        | 6:41        | 19          | 7:35       | 3.72     | 24:38      | 6:37         | 5             | 10:06       | 18      | 11:31      |
| Finish     | 1.28     | 9:23       | 7:19         | 5        | 4:09        | 20          | 4:36       | 5.00     | 34:01      | 6:48         | 5             | 14:15       | 20      | 16:07      |