



# 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	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	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