



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Christian Stonek

Number: 120

Course: 5.00 km

5-km-Lauf

Category:

Senioren M45 (45-49) M

Total time: 26:15

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 13 (of 40)

Rank in course/Men: 11 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 26:15

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	6:41	4:50	1	-	13	2:07	1.38	6:41	4:50	1	-	13	2:07
Hammerecke	2.34	12:21	5:16	1	-	10	3:48	3.72	19:02	5:06	1	-	11	5:55
Finish	1.28	7:13	5:38	1	-	12	2:26	5.00	26:15	5:15	1	-	11	8:21