



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Mario Heinrich

Club: Osthäuser SV

Number: 107

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54) M

Total time: 24:17

Speed: 12.35 km/h

Running performance: 4:51 min/km

Rank in course/Total: 5 (of 40)

Rank in course/Men: 5 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 24:17

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	6:13	4:30	1	-	6	1:39	1.38	6:13	4:30	1	-	6	1:39
Hammerecke	2.34	11:31	4:55	1	-	5	2:58	3.72	17:44	4:46	1	-	5	4:37
Finish	1.28	6:33	5:07	1	-	7	1:46	5.00	24:17	4:51	1	-	5	6:23