



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Gunther Lehmann

Club: LSV Lok Arnstadt

Number: 114

Course: 5.00 km

5-km-Lauf

Category:

Senioren M55 (55-59) M

Total time: 24:03

Speed: 12.47 km/h

Running performance: 4:48 min/km

Rank in course/Total: 4 (of 40)

Rank in course/Men: 4 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 24:03

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	11:25	4:52	1	-	4	2:52	3.72	17:38	4:44	1	-	4	4:31
Finish	1.28	6:25	5:00	1	-	5	1:38	5.00	24:03	4:48	1	-	4	6:09