



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Wolfgang Heß

Number: 108

Course: 5.00 km

5-km-Lauf

Category:

Senioren M75 (75-79) M

Total time: 33:53

Speed: 8.85 km/h

Running performance: 6:46 min/km

Rank in course/Total: 32 (of 40)

Rank in course/Men: 19 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 33:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.38	8:39	6:16	1	-	19	4:05	1.38	8:39	6:16	1	-	19	4:05
Hammerecke	2.34	16:00	6:50	1	-	18	7:27	3.72	24:39	6:37	1	-	19	11:32
Finish	1.28	9:14	7:12	1	-	19	4:27	5.00	33:53	6:46	1	-	19	15:59