



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Eberhard Janke**

Club: ZahnPAHN.de

Number: 127

Course: 5.00 km

5-km-Lauf

Category:

Senioren M80 (80-84) M

Total time: 42:26

Speed: 7.07 km/h

Running performance: 8:29 min/km

Rank in course/Total: 39 (of 40)

Rank in course/Men: 21 (of 21)

Best time in course: 17:54

Rank in category: 1(of 1)

Best time in the category: 42:26

### 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	9:51	7:08	1	-	21	5:17	1.38	9:51	7:08	1	-	21	5:17
Hammerecke	2.34	21:05	9:00	1	-	21	12:32	3.72	30:56	8:18	1	-	21	17:49
Finish	1.28	11:30	8:59	1	-	21	6:43	5.00	42:26	8:29	1	-	21	24:32