



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Theo Kuhlmeier

Number: 229

Course: 10.00 km
10-km-Lauf (A-B-C Cup)

Category:
Männer (20-29) L

Total time: 41:47

Speed: 14.36 km/h
Running performance: 4:10 min/km

Rank in course/Total: 6 (of 67)

Rank in course/Men: 5 (of 42)

Best time in course: 39:22

Rank in category: 1(of 2)

Best time in the category: 41:47

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking				
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.67	6:36	3:57	2	0:08	6	0:32	1.67	6:36	3:57	2	0:08	6	0:32
Hammerecke	2.35	9:46	4:09	1	-	4	0:30	4.02	16:22	4:04	1	-	4	1:02
Control	2.35	10:09	4:19	1	-	7	0:46	6.37	26:31	4:09	1	-	6	1:48
Control	2.35	10:04	4:17	1	-	5	0:33	8.72	36:35	4:11	1	-	6	2:21
Finish	1.28	5:12	4:03	1	-	2	0:04	10.00	41:47	4:10	1	-	5	2:25