



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Theo Kuhlmeier

Total time: 41:47

Number: 229

Speed: 14.36 km/h

Running performance: 4:10 min/km

Course: 10.00 km

Rank in course/Total: 6 (of 67)

10-km-Lauf (A-B-C Cup)

Rank in course/Men: 5 (of 42)

Best time in course: 39:22

Category:

Rank in category: 1(of 2)

Männer (20-29) L

Best time in the category: 41:47

### 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	1.67	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