



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Kai Schrader

Number: 263

Course: 10.00 km

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

Category:

männliche Jugend U18 (16-17) L

Total time: 59:26

Speed: 10.10 km/h

Running performance: 5:56 min/km

Rank in course/Total: 55 (of 67)

Rank in course/Men: 37 (of 42)

Best time in course: 39:22

Rank in category: 2(of 3)

Best time in the category: 57:55

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	9:22	5:36	3	0:23	38	3:18	1.67	9:22	5:36	3	0:23	38	3:18
Hammerecke	2.35	13:54	5:54	2	0:47	38	4:38	4.02	23:16	5:47	2	1:10	38	7:56
Control	2.35	14:05	5:59	2	0:37	39	4:42	6.37	37:21	5:51	2	1:47	38	12:38
Control	2.35	14:11	6:02	1	-	36	4:40	8.72	51:32	5:54	2	1:40	38	17:18
Finish	1.28	7:54	6:10	1	-	35	2:46	10.00	59:26	5:56	2	1:31	37	20:04