



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Maximilian Protzel

Number: 239

Course: 10.00 km

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

Category:

Senioren M30 (30-34) L

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:09 min/km

Rank in course/Total: 30 (of 67)

Rank in course/Men: 25 (of 42)

Best time in course: 39:22

Rank in category: 1(of 1)

Best time in the category: 51:39

### 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     | 8:18       | 4:58         | 1        | -           | 28          | 2:14       | 1.67          | 8:18       | 4:58         | 1        | -           | 28      | 2:14       |
| Hammerecke | 2.35     | 11:56      | 5:04         | 1        | -           | 25          | 2:40       | 4.02          | 20:14      | 5:01         | 1        | -           | 28      | 4:54       |
| Control    | 2.35     | 12:18      | 5:14         | 1        | -           | 24          | 2:55       | 6.37          | 32:32      | 5:06         | 1        | -           | 27      | 7:49       |
| Control    | 2.35     | 12:30      | 5:19         | 1        | -           | 24          | 2:59       | 8.72          | 45:02      | 5:09         | 1        | -           | 26      | 10:48      |
| Finish     | 1.28     | 6:37       | 5:10         | 1        | -           | 22          | 1:29       | 10.00         | 51:39      | 5:09         | 1        | -           | 25      | 12:17      |