



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	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	1.67	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