



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Hans Kreuzau

Club: LTV Erfurt

Number: 277

Course: 10.00 km

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

Category:

Senioren M35 (35-39) L

Total time: 40:45

Speed: 14.72 km/h

Running performance: 4:04 min/km

Rank in course/Total: 2 (of 67)

Rank in course/Men: 2 (of 42)

Best time in course: 39:22

Rank in category: 1(of 3)

Best time in the category: 40:45

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	6:32	3:54	1	-	5	0:28	1.67	6:32	3:54	1	-	5	0:28
Hammerecke	2.35	9:28	4:01	1	-	2	0:12	4.02	16:00	3:58	1	-	2	0:40
Control	2.35	9:40	4:06	1	-	2	0:17	6.37	25:40	4:01	1	-	2	0:57
Control	2.35	9:46	4:09	1	-	3	0:15	8.72	35:26	4:03	1	-	2	1:12
Finish	1.28	5:19	4:09	1	-	3	0:11	10.00	40:45	4:04	1	-	2	1:23