



32. Arnstädter Citylauf
 Arnstadt / 27.04.2024

Detailed evaluation

Martin Hofmann

Number: 273

Course: 10.00 km
 10-km-Lauf (A-B-C Cup)

Category:
 Senioren M35 (35-39) L

Total time: 49:59

Speed: 12.00 km/h
 Running performance: 4:59 min/km

Rank in course/Total: 23 (of 67)

Rank in course/Men: 19 (of 42)

Best time in course: 39:22

Rank in category: 2(of 3)

Best time in the category: 40:45

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	7:41	4:36	2	1:09	21	1:37	1.67	7:41	4:36	2	1:09	21	1:37
Hammerecke	2.35	11:44	4:59	3	2:16	21	2:28	4.02	19:25	4:49	2	3:25	20	4:05
Control	2.35	11:55	5:04	3	2:15	20	2:32	6.37	31:20	4:55	2	5:40	19	6:37
Control	2.35	12:06	5:08	2	2:20	21	2:35	8.72	43:26	4:58	2	8:00	19	9:12
Finish	1.28	6:33	5:07	2	1:14	18	1:25	10.00	49:59	4:59	2	9:14	19	10:37