



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Thomas Krüger**

Club: N3 Sportverein  
Number: 259

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

Category:  
Senioren M35 (35-39) L

Total time: 50:26

Speed: 11.90 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 25 (of 67)

Rank in course/Men: 21 (of 42)

Best time in course: 39:22

Rank in category: 3(of 3)

Best time in the category: 40:45

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.67	8:24	5:01	3	1:52	29	2:20	1.67	8:24	5:01	3	1:52	29	2:20
Hammerecke	2.35	11:09	4:44	2	1:41	17	1:53	4.02	19:33	4:51	3	3:33	22	4:13
Control	2.35	11:54	5:03	2	2:14	19	2:31	6.37	31:27	4:56	3	5:47	20	6:44
Control	2.35	12:20	5:14	3	2:34	23	2:49	8.72	43:47	5:01	3	8:21	21	9:33
Finish	1.28	6:39	5:11	3	1:20	23	1:31	10.00	50:26	5:02	3	9:41	21	11:04