



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Denny Trefflich**

Club: VfB Torpedo Ichtershausen

Number: 264

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 41:39

Speed: 14.41 km/h

Running performance: 4:09 min/km

Rank in course/Total: 4 (of 67)

Rank in course/Men: 4 (of 42)

Best time in course: 39:22

Rank in category: 1(of 11)

Best time in the category: 41:39

### 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  | 6:31  | 3:54   | 1    | -      | 3   | 0:27   | 1.67  | 6:31  | 3:54   | 1    | -      | 3   | 0:27   |
| Hammerecke | 2.35  | 9:38  | 4:05   | 1    | -      | 3   | 0:22   | 4.02  | 16:09 | 4:01   | 1    | -      | 3   | 0:49   |
| Control    | 2.35  | 10:02 | 4:16   | 1    | -      | 5   | 0:39   | 6.37  | 26:11 | 4:06   | 1    | -      | 3   | 1:28   |
| Control    | 2.35  | 10:09 | 4:19   | 1    | -      | 6   | 0:38   | 8.72  | 36:20 | 4:10   | 1    | -      | 4   | 2:06   |
| Finish     | 1.28  | 5:19  | 4:09   | 1    | -      | 3   | 0:11   | 10.00 | 41:39 | 4:09   | 1    | -      | 4   | 2:17   |