



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 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	6:31	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