



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Christian Garz

Club: N3 Sportverein e.V.

Number: 209

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 44:15

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 9 (of 67)

Rank in course/Men: 8 (of 42)

Best time in course: 39:22

Rank in category: 2(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	6:40	3:59	3	0:09	9	0:36	1.67	6:40	3:59	3	0:09	9	0:36
Hammerecke	2.35	10:17	4:22	2	0:39	8	1:01	4.02	16:57	4:12	2	0:48	8	1:37
Control	2.35	10:56	4:39	4	0:54	10	1:33	6.37	27:53	4:22	2	1:42	8	3:10
Control	2.35	10:41	4:32	2	0:32	8	1:10	8.72	38:34	4:25	2	2:14	8	4:20
Finish	1.28	5:41	4:26	2	0:22	8	0:33	10.00	44:15	4:25	2	2:36	8	4:53