



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Sebastian Esche

Number: 260

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 45:31

Speed: 13.18 km/h

Running performance: 4:33 min/km

Rank in course/Total: 11 (of 67)

Rank in course/Men: 9 (of 42)

Best time in course: 39:22

Rank in category: 3(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	7:21	4:24	5	0:50	14	1:17	1.67	7:21	4:24	5	0:50	14	1:17
Hammerecke	2.35	10:39	4:31	5	1:01	12	1:23	4.02	18:00	4:28	4	1:51	12	2:40
Control	2.35	10:38	4:31	2	0:36	8	1:15	6.37	28:38	4:29	4	2:27	11	3:55
Control	2.35	10:54	4:38	3	0:45	9	1:23	8.72	39:32	4:32	3	3:12	9	5:18
Finish	1.28	5:59	4:40	4	0:40	10	0:51	10.00	45:31	4:33	3	3:52	9	6:09