



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Wolfram Kneise

Club: Langstrecke Arnstadt
Number: 270

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

Category:
Senioren M40 (40-44) L

Total time: 46:09

Speed: 13.00 km/h
Running performance: 4:36 min/km

Rank in course/Total: 13 (of 67)

Rank in course/Men: 11 (of 42)

Best time in course: 39:22

Rank in category: 4(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	7:22	4:24	6	0:51	15	1:18	1.67	7:22	4:24	6	0:51	15	1:18
Hammerecke	2.35	10:38	4:31	4	1:00	11	1:22	4.02	18:00	4:28	4	1:51	12	2:40
Control	2.35	10:50	4:36	3	0:48	9	1:27	6.37	28:50	4:31	5	2:39	12	4:07
Control	2.35	11:26	4:51	5	1:17	13	1:55	8.72	40:16	4:37	5	3:56	12	6:02
Finish	1.28	5:53	4:35	3	0:34	9	0:45	10.00	46:09	4:36	4	4:30	11	6:47