



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Andy Lüdecke

Club: N3 Sportverein e.V.

Number: 232

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 46:15

Speed: 12.97 km/h

Running performance: 4:37 min/km

Rank in course/Total: 14 (of 67)

Rank in course/Men: 12 (of 42)

Best time in course: 39:22

Rank in category: 5(of 11)

Best time in the category: 41:39

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Behind	Total		Pos	Behind	Pos		Behind
	km	Time			min/km	Cat.		Cat.	Men			Men	km	
Hammerecke	1.67	6:39	3:58	2	0:08	7	0:35	1.67	6:39	3:58	2	0:08	7	0:35
Hammerecke	2.35	10:37	4:31	3	0:59	10	1:21	4.02	17:16	4:17	3	1:07	10	1:56
Control	2.35	11:16	4:47	5	1:14	13	1:53	6.37	28:32	4:28	3	2:21	10	3:49
Control	2.35	11:30	4:53	7	1:21	15	1:59	8.72	40:02	4:35	4	3:42	11	5:48
Finish	1.28	6:13	4:51	6	0:54	15	1:05	10.00	46:15	4:37	5	4:36	12	6:53