



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Manuel Walther

Club: MC Gräfenroda

Number: 250

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 47:22

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 18 (of 67)

Rank in course/Men: 15 (of 42)

Best time in course: 39:22

Rank in category: 6(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	7:18	4:22	4	0:47	13	1:14	1.67	7:18	4:22	4	0:47	13	1:14
Hammerecke	2.35	10:56	4:39	6	1:18	14	1:40	4.02	18:14	4:32	6	2:05	14	2:54
Control	2.35	11:18	4:48	6	1:16	14	1:55	6.37	29:32	4:38	6	3:21	14	4:49
Control	2.35	11:28	4:52	6	1:19	14	1:57	8.72	41:00	4:42	6	4:40	14	6:46
Finish	1.28	6:22	4:58	7	1:03	16	1:14	10.00	47:22	4:44	6	5:43	15	8:00