



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**sascha grune**

Club: Rennsteig-Borussen

Number: 271

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 47:45

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 19 (of 67)

Rank in course/Men: 16 (of 42)

Best time in course: 39:22

Rank in category: 7(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	7:27	4:27	7	0:56	16	1:23	1.67	7:27	4:27	7	0:56	16	1:23
Hammerecke	2.35	11:09	4:44	7	1:31	17	1:53	4.02	18:36	4:37	7	2:27	16	3:16
Control	2.35	11:32	4:54	7	1:30	16	2:09	6.37	30:08	4:43	7	3:57	17	5:25
Control	2.35	11:25	4:51	4	1:16	12	1:54	8.72	41:33	4:45	7	5:13	17	7:19
Finish	1.28	6:12	4:50	5	0:53	14	1:04	10.00	47:45	4:46	7	6:06	16	8:23