



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Norbert Furch

Club: Die Bügeleisenbande

Number: 208

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 54:32

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 37 (of 67)

Rank in course/Men: 29 (of 42)

Best time in course: 39:22

Rank in category: 8(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	9:00	5:23	9	2:29	32	2:56	1.67	9:00	5:23	9	2:29	32	2:56
Hammerecke	2.35	13:04	5:33	8	3:26	31	3:48	4.02	22:04	5:29	8	5:55	30	6:44
Control	2.35	13:16	5:38	8	3:14	29	3:53	6.37	35:20	5:32	8	9:09	30	10:37
Control	2.35	12:49	5:27	8	2:40	27	3:18	8.72	48:09	5:31	8	11:49	29	13:55
Finish	1.28	6:23	4:59	8	1:04	17	1:15	10.00	54:32	5:27	8	12:53	29	15:10