



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

Thomas Tappert

Number: 245

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 57:31

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 50 (of 67)

Rank in course/Men: 33 (of 42)

Best time in course: 39:22

Rank in category: 9(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	8:56	5:20	8	2:25	30	2:52	1.67	8:56	5:20	8	2:25	30	2:52
Hammerecke	2.35	13:32	5:45	9	3:54	34	4:16	4.02	22:28	5:35	9	6:19	33	7:08
Control	2.35	13:55	5:55	9	3:53	34	4:32	6.37	36:23	5:42	9	10:12	34	11:40
Control	2.35	13:57	5:56	9	3:48	34	4:26	8.72	50:20	5:46	9	14:00	34	16:06
Finish	1.28	7:11	5:36	9	1:52	28	2:03	10.00	57:31	5:45	9	15:52	33	18:09