



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Matthias Schrader

Number: 240

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 59:27

Speed: 10.09 km/h

Running performance: 5:56 min/km

Rank in course/Total: 56 (of 67)

Rank in course/Men: 38 (of 42)

Best time in course: 39:22

Rank in category: 10(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	9:22	5:36	10	2:51	38	3:18	1.67	9:22	5:36	10	2:51	38	3:18
Hammerecke	2.35	13:55	5:55	10	4:17	39	4:39	4.02	23:17	5:47	10	7:08	39	7:57
Control	2.35	14:04	5:59	10	4:02	38	4:41	6.37	37:21	5:51	10	11:10	38	12:38
Control	2.35	14:12	6:02	10	4:03	37	4:41	8.72	51:33	5:54	10	15:13	39	17:19
Finish	1.28	7:54	6:10	10	2:35	35	2:46	10.00	59:27	5:56	10	17:48	38	20:05