



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Andre Aulich

Number: 201

Course: 10.00 km

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

Category:

Senioren M40 (40-44) L

Total time: 1:07:56

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 66 (of 67)

Rank in course/Men: 42 (of 42)

Best time in course: 39:22

Rank in category: 11(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			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Hammerecke	1.67	9:56	5:56	11	3:25	41	3:52	1.67	9:56	5:56	11	3:25	41	3:52
Hammerecke	2.35	15:44	6:41	11	6:06	41	6:28	4.02	25:40	6:23	11	9:31	41	10:20
Control	2.35	16:28	7:00	11	6:26	42	7:05	6.37	42:08	6:36	11	15:57	42	17:25
Control	2.35	16:40	7:05	11	6:31	42	7:09	8.72	58:48	6:44	11	22:28	42	24:34
Finish	1.28	9:08	7:08	11	3:49	42	4:00	10.00	1:07:56	6:47	11	26:17	42	28:34