



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Nico Arndt

Club: SSV Erfurt-Nord

Number: 267

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 41:36

Speed: 14.42 km/h

Running performance: 4:09 min/km

Rank in course/Total: 3 (of 67)

Rank in course/Men: 3 (of 42)

Best time in course: 39:22

Rank in category: 1(of 7)

Best time in the category: 41:36

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	6:52	4:06	2	0:21	10	0:48	1.67	6:52	4:06	2	0:21	10	0:48
Hammerecke	2.35	9:49	4:10	1	-	5	0:33	4.02	16:41	4:09	2	0:17	7	1:21
Control	2.35	9:51	4:11	1	-	3	0:28	6.37	26:32	4:09	2	0:02	7	1:49
Control	2.35	9:45	4:08	1	-	2	0:14	8.72	36:17	4:09	1	-	3	2:03
Finish	1.28	5:19	4:09	1	-	3	0:11	10.00	41:36	4:09	1	-	3	2:14