



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Henrik Stutzig

Number: 244

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 42:22

Speed: 14.16 km/h

Running performance: 4:14 min/km

Rank in course/Total: 8 (of 67)

Rank in course/Men: 7 (of 42)

Best time in course: 39:22

Rank in category: 2(of 7)

Best time in the category: 41:36

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	6:31	3:54	1	-	3	0:27	1.67	6:31	3:54	1	-	3	0:27
Hammerecke	2.35	9:53	4:12	2	0:04	7	0:37	4.02	16:24	4:04	1	-	5	1:04
Control	2.35	10:06	4:17	2	0:15	6	0:43	6.37	26:30	4:09	1	-	4	1:47
Control	2.35	10:14	4:21	2	0:29	7	0:43	8.72	36:44	4:12	2	0:27	7	2:30
Finish	1.28	5:38	4:24	2	0:19	7	0:30	10.00	42:22	4:14	2	0:46	7	3:00