



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Sebastian Meyer

Number: 235

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 45:43

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 12 (of 67)

Rank in course/Men: 10 (of 42)

Best time in course: 39:22

Rank in category: 3(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	6:54	4:07	3	0:23	11	0:50	1.67	6:54	4:07	3	0:23	11	0:50
Hammerecke	2.35	10:34	4:29	3	0:45	9	1:18	4.02	17:28	4:20	3	1:04	11	2:08
Control	2.35	10:56	4:39	3	1:05	10	1:33	6.37	28:24	4:27	3	1:54	9	3:41
Control	2.35	11:13	4:46	3	1:28	10	1:42	8.72	39:37	4:32	3	3:20	10	5:23
Finish	1.28	6:06	4:45	3	0:47	13	0:58	10.00	45:43	4:34	3	4:07	10	6:21