



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Carsten Klütsch

Club: RSV Adler Arnstadt

Number: 225

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 48:35

Speed: 12.35 km/h

Running performance: 4:51 min/km

Rank in course/Total: 22 (of 67)

Rank in course/Men: 18 (of 42)

Best time in course: 39:22

Rank in category: 4(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	7:32	4:30	4	1:01	18	1:28	1.67	7:32	4:30	4	1:01	18	1:28
Hammerecke	2.35	11:14	4:46	4	1:25	19	1:58	4.02	18:46	4:40	4	2:22	18	3:26
Control	2.35	11:33	4:54	4	1:42	17	2:10	6.37	30:19	4:45	4	3:49	18	5:36
Control	2.35	11:43	4:59	4	1:58	18	2:12	8.72	42:02	4:49	4	5:45	18	7:48
Finish	1.28	6:33	5:07	4	1:14	18	1:25	10.00	48:35	4:51	4	6:59	18	9:13