



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Christian Wittich

Number: 274

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 55:49

Speed: 10.75 km/h

Running performance: 5:34 min/km

Rank in course/Total: 42 (of 67)

Rank in course/Men: 30 (of 42)

Best time in course: 39:22

Rank in category: 5(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	7:58	4:46	5	1:27	26	1:54	1.67	7:58	4:46	5	1:27	26	1:54
Hammerecke	2.35	12:49	5:27	5	3:00	29	3:33	4.02	20:47	5:10	5	4:23	29	5:27
Control	2.35	13:37	5:47	7	3:46	33	4:14	6.37	34:24	5:24	5	7:54	29	9:41
Control	2.35	13:51	5:53	7	4:06	33	4:20	8.72	48:15	5:31	5	11:58	30	14:01
Finish	1.28	7:34	5:54	7	2:15	33	2:26	10.00	55:49	5:34	5	14:13	30	16:27