



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

### Matthias Haupt

Club: Die Bügeleisenbande

Number: 216

Course: 10.00 km

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

Category:

Senioren M45 (45-49) L

Total time: 55:54

Speed: 10.73 km/h

Running performance: 5:35 min/km

Rank in course/Total: 44 (of 67)

Rank in course/Men: 31 (of 42)

Best time in course: 39:22

Rank in category: 6(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	9:01	5:23	6	2:30	34	2:57	1.67	9:01	5:23	6	2:30	34	2:57
Hammerecke	2.35	13:03	5:33	6	3:14	30	3:47	4.02	22:04	5:29	6	5:40	30	6:44
Control	2.35	13:16	5:38	5	3:25	29	3:53	6.37	35:20	5:32	6	8:50	30	10:37
Control	2.35	13:12	5:37	5	3:27	30	3:41	8.72	48:32	5:33	6	12:15	31	14:18
Finish	1.28	7:22	5:45	6	2:03	32	2:14	10.00	55:54	5:35	6	14:18	31	16:32