



32. Arnstädter Citylauf
Arnstadt / 27.04.2024

Detailed evaluation

Stephan Fritsche

Number: 207

Course: 10.00 km
10-km-Lauf (A-B-C Cup)

Category:
Senioren M45 (45-49) L

Total time: 56:58

Speed: 10.53 km/h
Running performance: 5:41 min/km

Rank in course/Total: 45 (of 67)

Rank in course/Men: 32 (of 42)

Best time in course: 39:22

Rank in category: 7(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	9:10	5:29	7	2:39	36	3:06	1.67	9:10	5:29	7	2:39	36	3:06
Hammerecke	2.35	13:30	5:44	7	3:41	33	4:14	4.02	22:40	5:38	7	6:16	34	7:20
Control	2.35	13:27	5:43	6	3:36	31	4:04	6.37	36:07	5:40	7	9:37	33	11:24
Control	2.35	13:42	5:49	6	3:57	32	4:11	8.72	49:49	5:42	7	13:32	32	15:35
Finish	1.28	7:09	5:35	5	1:50	26	2:01	10.00	56:58	5:41	7	15:22	32	17:36