



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Thorsten Seever

Club: SG Motor Arnstadt

Number: 241

Course: 10.00 km

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

Category:

Senioren M50 (50-54) L

Total time: 50:30

Speed: 11.88 km/h

Running performance: 5:02 min/km

Rank in course/Total: 26 (of 67)

Rank in course/Men: 22 (of 42)

Best time in course: 39:22

Rank in category: 1(of 2)

Best time in the category: 50:30

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	7:34	4:31	1	-	19	1:30	1.67	7:34	4:31	1	-	19	1:30
Hammerecke	2.35	11:48	5:01	1	-	23	2:32	4.02	19:22	4:49	1	-	19	4:02
Control	2.35	12:18	5:14	1	-	24	2:55	6.37	31:40	4:58	1	-	23	6:57
Control	2.35	12:11	5:11	1	-	22	2:40	8.72	43:51	5:01	1	-	22	9:37
Finish	1.28	6:39	5:11	1	-	23	1:31	10.00	50:30	5:02	1	-	22	11:08