



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Norman Bogen

Club: Die Bügeleisenbande

Number: 272

Course: 10.00 km

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

Category:

Senioren M50 (50-54) L

Total time: 59:50

Speed: 10.03 km/h

Running performance: 5:59 min/km

Rank in course/Total: 57 (of 67)

Rank in course/Men: 39 (of 42)

Best time in course: 39:22

Rank in category: 2(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	9:22	5:36	2	1:48	38	3:18	1.67	9:22	5:36	2	1:48	38	3:18
Hammerecke	2.35	13:37	5:47	2	1:49	36	4:21	4.02	22:59	5:43	2	3:37	36	7:39
Control	2.35	13:57	5:56	2	1:39	35	4:34	6.37	36:56	5:47	2	5:16	36	12:13
Control	2.35	14:25	6:08	2	2:14	39	4:54	8.72	51:21	5:53	2	7:30	37	17:07
Finish	1.28	8:29	6:37	2	1:50	39	3:21	10.00	59:50	5:59	2	9:20	39	20:28