



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Torsten Grosser

Club: AP Racing Team Apolda

Number: 212

Course: 10.00 km

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

Category:

Senioren M55 (55-59) L

Total time: 41:50

Speed: 14.34 km/h

Running performance: 4:11 min/km

Rank in course/Total: 7 (of 67)

Rank in course/Men: 6 (of 42)

Best time in course: 39:22

Rank in category: 1(of 5)

Best time in the category: 41:50

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 | 6:39 | 3:58 | 1 | - | 7 | 0:35 | 1.67 | 6:39 | 3:58 | 1 | - | 7 | 0:35 |
| Hammerecke | 2.35 | 9:50 | 4:11 | 1 | - | 6 | 0:34 | 4.02 | 16:29 | 4:06 | 1 | - | 6 | 1:09 |
| Control | 2.35 | 10:01 | 4:15 | 1 | - | 4 | 0:38 | 6.37 | 26:30 | 4:09 | 1 | - | 4 | 1:47 |
| Control | 2.35 | 9:58 | 4:14 | 1 | - | 4 | 0:27 | 8.72 | 36:28 | 4:10 | 1 | - | 5 | 2:14 |
| Finish | 1.28 | 5:22 | 4:11 | 1 | - | 6 | 0:14 | 10.00 | 41:50 | 4:11 | 1 | - | 6 | 2:28 |