



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Frank Köster

Total time: 47:05

Number: 228

Speed: 12.74 km/h

Running performance: 4:42 min/km

Course: 10.00 km

Rank in course/Total: 17 (of 67)

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

Rank in course/Men: 14 (of 42)

Best time in course: 39:22

Category:

Rank in category: 2(of 5)

Senioren M55 (55-59) L

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	7:30	4:29	2	0:51	17	1:26	1.67	7:30	4:29	2	0:51	17	1:26
Hammerecke	2.35	11:07	4:43	2	1:17	16	1:51	4.02	18:37	4:37	2	2:08	17	3:17
Control	2.35	11:13	4:46	2	1:12	12	1:50	6.37	29:50	4:41	2	3:20	16	5:07
Control	2.35	11:15	4:47	2	1:17	11	1:44	8.72	41:05	4:42	2	4:37	15	6:51
Finish	1.28	6:00	4:41	2	0:38	11	0:52	10.00	47:05	4:42	2	5:15	14	7:43