



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Markus Becker**

Club: Guthsmuthrennsteiglauf Verein  
Number: 255

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

Category:  
Senioren M55 (55-59) L

**Total time: 51:32**

Speed: 11.64 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 29 (of 67)

Rank in course/Men: 24 (of 42)

Best time in course: 39:22

Rank in category: 3(of 5)

Best time in the category: 41:50

### Intermediate times

### Stage score

### Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Hammerecke	1.67	7:49	4:40	4	1:10	22	1:45	1.67	7:49	4:40	4	1:10	22	1:45
Hammerecke	2.35	11:45	5:00	3	1:55	22	2:29	4.02	19:34	4:52	4	3:05	23	4:14
Control	2.35	12:05	5:08	3	2:04	23	2:42	6.37	31:39	4:58	3	5:09	22	6:56
Control	2.35	12:39	5:22	3	2:41	25	3:08	8.72	44:18	5:04	3	7:50	24	10:04
Finish	1.28	7:14	5:39	4	1:52	29	2:06	10.00	51:32	5:09	3	9:42	24	12:10