



# 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      |