



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	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	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