



32. Arnstädter Citylauf
 Arnstadt / 27.04.2024

Detailed evaluation

Ralf Koschinski

Number: 227

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

Category:
 Senioren M55 (55-59) L

Total time: 52:07

Speed: 11.51 km/h
 Running performance: 5:12 min/km

Rank in course/Total: 32 (of 67)

Rank in course/Men: 26 (of 42)

Best time in course: 39:22

Rank in category: 4(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	7:36	4:33	3	0:57	20	1:32	1.67	7:36	4:33	3	0:57	20	1:32
Hammerecke	2.35	11:50	5:02	4	2:00	24	2:34	4.02	19:26	4:50	3	2:57	21	4:06
Control	2.35	12:32	5:19	4	2:31	27	3:09	6.37	31:58	5:01	4	5:28	24	7:15
Control	2.35	12:55	5:29	4	2:57	28	3:24	8.72	44:53	5:08	4	8:25	25	10:39
Finish	1.28	7:14	5:39	4	1:52	29	2:06	10.00	52:07	5:12	4	10:17	26	12:45