



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Jan Forkel

Club: Gauder-Schleife

Number: 205

Course: 10.00 km

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

Category:

Senioren M55 (55-59) L

Total time: 52:56

Speed: 11.34 km/h

Running performance: 5:17 min/km

Rank in course/Total: 34 (of 67)

Rank in course/Men: 28 (of 42)

Best time in course: 39:22

Rank in category: 5(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	7:55	4:44	5	1:16	25	1:51	1.67	7:55	4:44	5	1:16	25	1:51
Hammerecke	2.35	12:08	5:09	5	2:18	28	2:52	4.02	20:03	4:59	5	3:34	26	4:43
Control	2.35	12:43	5:24	5	2:42	28	3:20	6.37	32:46	5:08	5	6:16	28	8:03
Control	2.35	13:01	5:32	5	3:03	29	3:30	8.72	45:47	5:15	5	9:19	28	11:33
Finish	1.28	7:09	5:35	3	1:47	26	2:01	10.00	52:56	5:17	5	11:06	28	13:34