



# 32. Arnstädter Citylauf

Arnstadt / 27.04.2024

## Detailed evaluation

**Jörg Bauer**

Club: Grundschule Ohrdruf

Number: 203

Course: 10.00 km

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

Category:

Senioren M60 (60-64) L

Total time: 52:38

Speed: 11.40 km/h

Running performance: 5:15 min/km

Rank in course/Total: 33 (of 67)

Rank in course/Men: 27 (of 42)

Best time in course: 39:22

Rank in category: 1(of 2)

Best time in the category: 52:38

### 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	7:50	4:41	1	-	23	1:46	1.67	7:50	4:41	1	-	23	1:46
Hammerecke	2.35	11:57	5:05	1	-	26	2:41	4.02	19:47	4:55	1	-	25	4:27
Control	2.35	12:28	5:18	1	-	26	3:05	6.37	32:15	5:03	1	-	26	7:32
Control	2.35	12:48	5:26	1	-	26	3:17	8.72	45:03	5:09	1	-	27	10:49
Finish	1.28	7:35	5:55	1	-	34	2:27	10.00	52:38	5:15	1	-	27	13:16