



32. Arnstädter Citylauf

Arnstadt / 27.04.2024

Detailed evaluation

Martin Mölders

Club: Gutsmuths-Rensteiglaufverein
Number: 236

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

Category:
Senioren M65 (65-69) L

Total time: 50:18

Speed: 11.93 km/h
Running performance: 5:01 min/km

Rank in course/Total: 24 (of 67)

Rank in course/Men: 20 (of 42)

Best time in course: 39:22

Rank in category: 1(of 3)

Best time in the category: 50:18

Intermediate times					Stage score				Total ranking					
Control	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	7:53	4:43	1	-	24	1:49	1.67	7:53	4:43	1	-	24	1:49
Hammerecke	2.35	11:42	4:58	1	-	20	2:26	4.02	19:35	4:52	1	-	24	4:15
Control	2.35	12:01	5:06	2	0:02	22	2:38	6.37	31:36	4:57	1	-	21	6:53
Control	2.35	12:00	5:06	2	0:04	20	2:29	8.72	43:36	5:00	1	-	20	9:22
Finish	1.28	6:42	5:14	2	0:08	25	1:34	10.00	50:18	5:01	1	-	20	10:56