



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Stonek, Christian**

Club: Liberales Laufteam

Number: 347

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 54:21

Speed: 11.04 km/h

Running performance: 5:26 min/km

Rank in course/Total: 43 (of 66)

Rank in course/Men: 35 (of 48)

Best time in course: 36:19

Rank in category: 3(of 4)

Best time in the category: 40:37

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:16	4:57	3	1:41	38	2:28	1.67	8:16	4:57	3	1:41	38	2:28	
Lap 2	2.35	12:30	5:19	3	3:01	36	4:01	4.02	20:46	5:09	3	4:42	36	6:28	
Lap 3	2.35	12:50	5:27	3	3:12	35	4:14	6.37	33:36	5:16	3	7:54	36	10:42	
Lap 4	2.35	13:16	5:38	3	3:38	36	4:27	8.72	46:52	5:22	3	11:32	35	15:08	
Last lap Finish	1.28	7:29	5:50	3	2:12	38	2:54	10.00	54:21	5:26	3	13:44	35	18:02	