



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt
Number: 361

Course: 10.00 km
10-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 54:48

Speed: 10.95 km/h
Running performance: 5:29 min/km

Rank in course/Total: 44 (of 66)

Rank in course/Men: 36 (of 48)

Best time in course: 36:19

Rank in category: 1(of 1)

Best time in the category: 54:48

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	8:40	5:11	1	-	41	2:52	1.67	8:40	5:11	1	-	41	2:52
Lap 2	2.35	12:52	5:28	1	-	38	4:23	4.02	21:32	5:21	1	-	39	7:14
Lap 3	2.35	13:03	5:33	1	-	36	4:27	6.37	34:35	5:25	1	-	38	11:41
Lap 4	2.35	13:00	5:31	1	-	33	4:11	8.72	47:35	5:27	1	-	36	15:51
Last lap Finish	1.28	7:13	5:38	1	-	35	2:38	10.00	54:48	5:28	1	-	36	18:29