



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Erdmann, Matthias

Club: LSV Lok Arnstadt

Number: 311

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:14

Speed: 10.86 km/h

Running performance: 5:31 min/km

Rank in course/Total: 47 (of 66)

Rank in course/Men: 37 (of 48)

Best time in course: 36:19

Rank in category: 8(of 9)

Best time in the category: 40:17

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
Lap 1	1.67	8:37	5:09	8	2:05	39	2:49	1.67	8:37	5:09	8	2:05	39	2:49
Lap 2	2.35	12:40	5:23	8	3:11	37	4:11	4.02	21:17	5:17	8	5:09	37	6:59
Lap 3	2.35	13:14	5:37	8	3:40	37	4:38	6.37	34:31	5:25	8	8:49	37	11:37
Lap 4	2.35	13:24	5:42	8	3:55	37	4:35	8.72	47:55	5:29	8	12:44	38	16:11
Last lap Finish	1.28	7:19	5:42	8	2:13	36	2:44	10.00	55:14	5:31	8	14:57	37	18:55