



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Canelo, Aldo

Club: Ilmenau
Number: 372

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 55:16

Speed: 10.86 km/h
Running performance: 5:32 min/km

Rank in course/Total: 48 (of 66)

Rank in course/Men: 38 (of 48)

Best time in course: 36:19

Rank in category: 9(of 10)

Best time in the category: 36:19

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	7:40	4:35	8	1:51	27	1:52	1.67	7:40	4:35	8	1:51	27	1:52
Lap 2	2.35	12:24	5:16	9	3:55	35	3:55	4.02	20:04	4:59	9	5:46	35	5:46
Lap 3	2.35	13:21	5:40	10	4:44	40	4:45	6.37	33:25	5:14	9	10:30	35	10:31
Lap 4	2.35	14:16	6:04	10	5:27	42	5:27	8.72	47:41	5:28	9	15:57	37	15:57
Last lap Finish	1.28	7:35	5:55	9	3:00	40	3:00	10.00	55:16	5:31	9	18:57	38	18:57