



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Carreno Lozano, Edwin Gilberto

Club: Ilmenau
Number: 308

Course: 10.00 km
10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 56:06

Speed: 10.70 km/h
Running performance: 5:37 min/km

Rank in course/Total: 49 (of 66)

Rank in course/Men: 39 (of 48)

Best time in course: 36:19

Rank in category: 4(of 4)

Best time in the category: 38:41

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	8:15	4:56	4	2:08	37	2:27	1.67	8:15	4:56	4	2:08	37	2:27
Lap 2	2.35	13:03	5:33	4	3:45	41	4:34	4.02	21:18	5:17	4	5:53	38	7:00
Lap 3	2.35	13:36	5:47	4	4:23	41	5:00	6.37	34:54	5:28	4	10:16	39	12:00
Lap 4	2.35	13:50	5:53	4	4:38	40	5:01	8.72	48:44	5:35	4	14:54	41	17:00
Last lap Finish	1.28	7:22	5:45	4	2:31	37	2:47	10.00	56:06	5:36	4	17:25	39	19:47