



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Haupt, Matthias

Club: Arnstadt läuft..
Number: 367

Course: 10.00 km
10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:12

Speed: 10.68 km/h
Running performance: 5:37 min/km

Rank in course/Total: 51 (of 66)

Rank in course/Men: 40 (of 48)

Best time in course: 36:19

Rank in category: 4(of 5)

Best time in the category: 42:47

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	8:49	5:16	4	2:03	42	3:01	1.67	8:49	5:16	4	2:03	42	3:01
Lap 2	2.35	12:55	5:29	4	3:01	39	4:26	4.02	21:44	5:24	4	5:04	40	7:26
Lap 3	2.35	13:19	5:39	4	3:14	38	4:43	6.37	35:03	5:30	4	8:18	40	12:09
Lap 4	2.35	13:35	5:46	4	3:12	39	4:46	8.72	48:38	5:34	4	11:30	40	16:54
Last lap Finish	1.28	7:34	5:54	4	1:55	39	2:59	10.00	56:12	5:37	4	13:25	40	19:53