



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Furch, Norbert**

Club: Arnstadt  
Number: 366

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 56:12

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

Rank in course/Total: 52 (of 66)

Rank in course/Men: 41 (of 48)

Best time in course: 36:19

Rank in category: 10(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.	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	10	3:00	42	3:01	1.67	8:49	5:16	10	3:00	42	3:01
Lap 2	2.35	12:55	5:29	10	4:26	39	4:26	4.02	21:44	5:24	10	7:26	40	7:26
Lap 3	2.35	13:19	5:39	9	4:42	38	4:43	6.37	35:03	5:30	10	12:08	40	12:09
Lap 4	2.35	13:34	5:46	9	4:45	38	4:45	8.72	48:37	5:34	10	16:53	39	16:53
Last lap Finish	1.28	7:35	5:55	9	3:00	40	3:00	10.00	56:12	5:37	10	19:53	40	19:53