



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Sammler, Heiko

Club: Liberales Laufteam

Number: 363

Course: 10.00 km

10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 58:01

Speed: 10.34 km/h

Running performance: 5:48 min/km

Rank in course/Total: 54 (of 66)

Rank in course/Men: 42 (of 48)

Best time in course: 36:19

Rank in category: 3(of 4)

Best time in the category: 48:27

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	8:38	5:10	3	1:10	40	2:50	1.67	8:38	5:10	3	1:10	40	2:50	
Lap 2	2.35	13:19	5:39	3	2:02	42	4:50	4.02	21:57	5:27	3	3:12	42	7:39	
Lap 3	2.35	13:44	5:50	3	2:12	42	5:08	6.37	35:41	5:36	3	5:24	42	12:47	
Lap 4	2.35	14:19	6:05	4	2:35	43	5:30	8.72	50:00	5:44	3	7:59	42	18:16	
Last lap Finish	1.28	8:01	6:15	4	1:35	43	3:26	10.00	58:01	5:48	3	9:34	42	21:42	