



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Büchner, Dieter

Club: Parkläufer

Number: 368

Course: 10.00 km

10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 58:18

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 55 (of 66)

Rank in course/Men: 43 (of 48)

Best time in course: 36:19

Rank in category: 4(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	9:06	5:26	4	1:38	44	3:18	1.67	9:06	5:26	4	1:38	44	3:18
Lap 2	2.35	13:44	5:50	4	2:27	43	5:15	4.02	22:50	5:40	4	4:05	43	8:32
Lap 3	2.35	13:51	5:53	4	2:19	43	5:15	6.37	36:41	5:45	4	6:24	43	13:47
Lap 4	2.35	14:00	5:57	3	2:16	41	5:11	8.72	50:41	5:48	4	8:40	43	18:57
Last lap Finish	1.28	7:37	5:57	3	1:11	42	3:02	10.00	58:18	5:49	4	9:51	43	21:59