



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Bogen, Norman**

Club: Laufftreff Alteburg  
Number: 306

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:44

Speed: 9.56 km/h  
Running performance: 6:16 min/km

Rank in course/Total: 60 (of 66)

Rank in course/Men: 44 (of 48)

Best time in course: 36:19

Rank in category: 4(of 4)

Best time in the category: 40:37

### 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	9:17	5:33	4	2:42	45	3:29	1.67	9:17	5:33	4	2:42	45	3:29
Lap 2	2.35	14:02	5:58	4	4:33	44	5:33	4.02	23:19	5:48	4	7:15	44	9:01
Lap 3	2.35	14:39	6:14	4	5:01	44	6:03	6.37	37:58	5:57	4	12:16	44	15:04
Lap 4	2.35	15:56	6:46	4	6:18	45	7:07	8.72	53:54	6:10	4	18:34	44	22:10
Last lap Finish	1.28	8:50	6:54	4	3:33	45	4:15	10.00	1:02:44	6:16	4	22:07	44	26:25