



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Aulich, André

Club: Arnstadt

Number: 303

Course: 10.00 km

10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:38

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 62 (of 66)

Rank in course/Men: 45 (of 48)

Best time in course: 36:19

Rank in category: 5(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	10:14	6:07	5	3:28	47	4:26	1.67	10:14	6:07	5	3:28	47	4:26
Lap 2	2.35	15:50	6:44	5	5:56	46	7:21	4.02	26:04	6:29	5	9:24	47	11:46
Lap 3	2.35	15:30	6:35	5	5:25	45	6:54	6.37	41:34	6:31	5	14:49	46	18:40
Lap 4	2.35	15:36	6:38	5	5:13	44	6:47	8.72	57:10	6:33	5	20:02	45	25:26
Last lap Finish	1.28	8:28	6:36	5	2:49	44	3:53	10.00	1:05:38	6:33	5	22:51	45	29:19