



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau
Number: 310

Course: 10.00 km
10-km-Lauf

Category:
Senioren M80 (80-84 Jahre)

Total time: 1:07:37

Speed: 8.87 km/h
Running performance: 6:46 min/km

Rank in course/Total: 63 (of 66)

Rank in course/Men: 46 (of 48)

Best time in course: 36:19

Rank in category: 1(of 1)

Best time in the category: 1:07:37

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	9:39	5:46	1	-	46	3:51	1.67	9:39	5:46	1	-	46	3:51
Lap 2	2.35	15:16	6:29	1	-	45	6:47	4.02	24:55	6:11	1	-	45	10:37
Lap 3	2.35	16:32	7:02	1	-	46	7:56	6.37	41:27	6:30	1	-	45	18:33
Lap 4	2.35	17:05	7:16	1	-	46	8:16	8.72	58:32	6:42	1	-	46	26:48
Last lap Finish	1.28	9:05	7:05	1	-	46	4:30	10.00	1:07:37	6:45	1	-	46	31:18