



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Baumann, Manfred

Club: Erfurt
Number: 374

Course: 10.00 km
10-km-Lauf

Category:
Senioren M90 (90-94 Jahre)

Total time: 1:14:42

Speed: 8.03 km/h
Running performance: 7:28 min/km

Rank in course/Total: 65 (of 66)

Rank in course/Men: 47 (of 48)

Best time in course: 36:19

Rank in category: 1(of 1)

Best time in the category: 1:14:42

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	7:21	4:24	1	-	23	1:33	1.67	7:21	4:24	1	-	48	1:33
Lap 2	2.35	18:18	7:47	1	-	47	9:49	4.02	25:39	6:22	1	-	48	11:21
Lap 3	2.35	19:13	8:10	1	-	47	10:37	6.37	44:52	7:02	1	-	48	21:58
Lap 4	2.35	19:11	8:09	1	-	47	10:22	8.72	1:04:03	7:20	1	-	48	32:19
Last lap Finish	1.28	10:39	8:19	1	-	47	6:04	10.00	1:14:42	7:28	1	-	47	38:23