



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Fritsch, Alexander

Club: Rennsteiglaufverein/LG Süd

Number: 316

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 39:01

Speed: 15.38 km/h

Running performance: 3:54 min/km

Rank in course/Total: 6 (of 66)

Rank in course/Men: 6 (of 48)

Best time in course: 36:19

Rank in category: 2(of 10)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	6:15	3:44	2	0:26	6	0:27	1.67	6:15	3:44	2	0:26	6	0:27	
Lap 2	2.35	9:29	4:02	2	1:00	6	1:00	4.02	15:44	3:54	2	1:26	6	1:26	
Lap 3	2.35	9:13	3:55	2	0:36	5	0:37	6.37	24:57	3:55	2	2:02	6	2:03	
Lap 4	2.35	9:05	3:51	2	0:16	3	0:16	8.72	34:02	3:54	2	2:18	6	2:18	
Last lap Finish	1.28	4:59	3:53	2	0:24	6	0:24	10.00	39:01	3:54	2	2:42	6	2:42	