



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Stutzig, Henrik

Club: Katholische Laufjugend Arnstadt
Number: 348

Course: 10.00 km
10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 40:37

Speed: 14.77 km/h
Running performance: 4:04 min/km

Rank in course/Total: 8 (of 66)

Rank in course/Men: 8 (of 48)

Best time in course: 36:19

Rank in category: 1(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	6:35	3:56	1	-	8	0:47	1.67	6:35	3:56	1	-	8	0:47
Lap 2	2.35	9:29	4:02	1	-	6	1:00	4.02	16:04	3:59	1	-	7	1:46
Lap 3	2.35	9:38	4:05	1	-	8	1:02	6.37	25:42	4:02	1	-	7	2:48
Lap 4	2.35	9:38	4:05	1	-	8	0:49	8.72	35:20	4:03	1	-	8	3:36
Last lap Finish	1.28	5:17	4:07	1	-	9	0:42	10.00	40:37	4:03	1	-	8	4:18