



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Brück, Tom

Club: Langstrecke Arnstadt

Number: 307

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 40:52

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 9 (of 66)

Rank in course/Men: 9 (of 48)

Best time in course: 36:19

Rank in category: 3(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:37	3:57	3	0:48	9	0:49	1.67	6:37	3:57	3	0:48	9	0:49	
Lap 2	2.35	9:31	4:02	3	1:02	9	1:02	4.02	16:08	4:00	3	1:50	8	1:50	
Lap 3	2.35	9:38	4:05	3	1:01	8	1:02	6.37	25:46	4:02	3	2:51	9	2:52	
Lap 4	2.35	9:51	4:11	3	1:02	9	1:02	8.72	35:37	4:05	3	3:53	9	3:53	
Last lap Finish	1.28	5:15	4:06	3	0:40	8	0:40	10.00	40:52	4:05	3	4:33	9	4:33	