



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Grosser, Torsten**

Club: AP Racing Team Apolda  
Number: 321

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 41:33

Speed: 14.44 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 11 (of 66)

Rank in course/Men: 10 (of 48)

Best time in course: 36:19

Rank in category: 2(of 9)

Best time in the category: 40:17

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	6:32	3:54	1	-	7	0:44	1.67	6:32	3:54	1	-	7	0:44
Lap 2	2.35	9:36	4:05	2	0:07	10	1:07	4.02	16:08	4:00	1	-	8	1:50
Lap 3	2.35	9:53	4:12	2	0:19	10	1:17	6.37	26:01	4:05	2	0:19	10	3:07
Lap 4	2.35	10:07	4:18	2	0:38	10	1:18	8.72	36:08	4:08	2	0:57	10	4:24
Last lap Finish	1.28	5:25	4:13	2	0:19	10	0:50	10.00	41:33	4:09	2	1:16	10	5:14