



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Herrmann, Maik**

Club: SC Impuls Erfurt / TRCT  
Number: 326

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 42:47

Speed: 14.02 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 12 (of 66)

Rank in course/Men: 11 (of 48)

Best time in course: 36:19

Rank in category: 1(of 5)

Best time in the category: 42:47

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	6:46	4:03	1	-	13	0:58	1.67	6:46	4:03	1	-	13	0:58
Lap 2	2.35	9:54	4:12	1	-	11	1:25	4.02	16:40	4:08	1	-	11	2:22
Lap 3	2.35	10:05	4:17	1	-	11	1:29	6.37	26:45	4:11	1	-	11	3:51
Lap 4	2.35	10:23	4:25	1	-	11	1:34	8.72	37:08	4:15	1	-	11	5:24
Last lap Finish	1.28	5:39	4:24	1	-	11	1:04	10.00	42:47	4:16	1	-	11	6:28