



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Grosser, Christopher

Club: Maik sagt!
Number: 320

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:13

Speed: 13.27 km/h
Running performance: 4:31 min/km

Rank in course/Total: 13 (of 66)

Rank in course/Men: 12 (of 48)

Best time in course: 36:19

Rank in category: 4(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	6:58	4:10	4	1:09	15	1:10	1.67	6:58	4:10	4	1:09	15	1:10
Lap 2	2.35	10:31	4:28	4	2:02	12	2:02	4.02	17:29	4:20	4	3:11	13	3:11
Lap 3	2.35	11:03	4:42	6	2:26	15	2:27	6.37	28:32	4:28	4	5:37	12	5:38
Lap 4	2.35	11:00	4:40	5	2:11	13	2:11	8.72	39:32	4:32	4	7:48	12	7:48
Last lap Finish	1.28	5:41	4:26	4	1:06	12	1:06	10.00	45:13	4:31	4	8:54	12	8:54