



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Reißland, Jens

Club: Arnstadt
Number: 342

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 45:36

Speed: 13.16 km/h
Running performance: 4:34 min/km

Rank in course/Total: 14 (of 66)

Rank in course/Men: 13 (of 48)

Best time in course: 36:19

Rank in category: 5(of 10)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	7:10	4:17	5	1:21	18	1:22	1.67	7:10	4:17	5	1:21	18	1:22	
Lap 2	2.35	10:47	4:35	6	2:18	16	2:18	4.02	17:57	4:27	6	3:39	18	3:39	
Lap 3	2.35	10:57	4:39	4	2:20	12	2:21	6.37	28:54	4:32	5	5:59	14	6:00	
Lap 4	2.35	10:55	4:38	4	2:06	12	2:06	8.72	39:49	4:33	5	8:05	13	8:05	
Last lap Finish	1.28	5:47	4:31	5	1:12	14	1:12	10.00	45:36	4:33	5	9:17	13	9:17	