



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Köster, Frank

Club: Dresden
Number: 335

Course: 10.00 km
10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 46:06

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 15 (of 66)

Rank in course/Men: 14 (of 48)

Best time in course: 36:19

Rank in category: 3(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.	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	7:26	4:27	5	0:54	24	1:38	1.67	7:26	4:27	5	0:54	24	1:38
Lap 2	2.35	10:49	4:36	3	1:20	17	2:20	4.02	18:15	4:32	4	2:07	20	3:57
Lap 3	2.35	10:59	4:40	3	1:25	13	2:23	6.37	29:14	4:35	3	3:32	18	6:20
Lap 4	2.35	11:03	4:42	3	1:34	14	2:14	8.72	40:17	4:37	3	5:06	16	8:33
Last lap Finish	1.28	5:49	4:32	3	0:43	15	1:14	10.00	46:06	4:36	3	5:49	14	9:47