



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Wagner, Philipp

Club: Langstrecke Arnstadt
Number: 354

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 46:14

Speed: 12.98 km/h
Running performance: 4:37 min/km

Rank in course/Total: 16 (of 66)

Rank in course/Men: 15 (of 48)

Best time in course: 36:19

Rank in category: 6(of 10)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Men	Cat.	Men				Cat.	Men	Cat.	Men
Lap 1	1.67	7:11	4:18	6	19	1:22	1:23	1.67	7:11	4:18	6	19	1:22	1:23
Lap 2	2.35	10:45	4:34	5	15	2:16	2:16	4.02	17:56	4:27	5	17	3:38	3:38
Lap 3	2.35	11:00	4:40	5	14	2:23	2:24	6.37	28:56	4:32	6	16	6:01	6:02
Lap 4	2.35	11:17	4:48	6	15	2:28	2:28	8.72	40:13	4:36	6	15	8:29	8:29
Last lap Finish	1.28	6:01	4:42	6	17	1:26	1:26	10.00	46:14	4:37	6	15	9:55	9:55