



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Becker, Markus

Club: liberales laufteam
Number: 365

Course: 10.00 km
10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 46:28

Speed: 12.91 km/h
Running performance: 4:39 min/km

Rank in course/Total: 17 (of 66)

Rank in course/Men: 16 (of 48)

Best time in course: 36:19

Rank in category: 1(of 2)

Best time in the category: 46:28

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	7:04	4:13	1	-	17	1:16	1.67	7:04	4:13	1	-	17	1:16
Lap 2	2.35	10:44	4:34	1	-	14	2:15	4.02	17:48	4:25	1	-	15	3:30
Lap 3	2.35	11:06	4:43	1	-	16	2:30	6.37	28:54	4:32	1	-	14	6:00
Lap 4	2.35	11:18	4:48	1	-	16	2:29	8.72	40:12	4:36	1	-	14	8:28
Last lap Finish	1.28	6:16	4:53	1	-	22	1:41	10.00	46:28	4:38	1	-	16	10:09