



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Álvarez, Oscar Emiliano

Club: Ilmenau
Number: 302

Course: 10.00 km
10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 46:34

Speed: 12.88 km/h
Running performance: 4:40 min/km

Rank in course/Total: 18 (of 66)

Rank in course/Men: 17 (of 48)

Best time in course: 36:19

Rank in category: 2(of 4)

Best time in the category: 38:41

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	6:41	4:00	2	0:34	11	0:53	1.67	6:41	4:00	2	0:34	11	0:53	
Lap 2	2.35	10:42	4:33	2	1:24	13	2:13	4.02	17:23	4:19	2	1:58	12	3:05	
Lap 3	2.35	11:20	4:49	2	2:07	17	2:44	6.37	28:43	4:30	2	4:05	13	5:49	
Lap 4	2.35	11:34	4:55	2	2:22	23	2:45	8.72	40:17	4:37	2	6:27	16	8:33	
Last lap Finish	1.28	6:17	4:54	2	1:26	23	1:42	10.00	46:34	4:39	2	7:53	17	10:15	