



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 | |