



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hofmann, Mario

Club: Die flinken Gerataler/ TSV 1880 Elgersburg
Number: 329

Course: 10.00 km
10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:01

Speed: 12.76 km/h
Running performance: 4:42 min/km

Rank in course/Total: 19 (of 66)

Rank in course/Men: 18 (of 48)

Best time in course: 36:19

Rank in category: 4(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 | 7:15 | 4:20 | 4 | 0:43 | 21 | 1:27 | 1.67 | 7:15 | 4:20 | 4 | 0:43 | 21 | 1:27 |
| Lap 2 | 2.35 | 10:52 | 4:37 | 4 | 1:23 | 19 | 2:23 | 4.02 | 18:07 | 4:30 | 3 | 1:59 | 19 | 3:49 |
| Lap 3 | 2.35 | 11:20 | 4:49 | 4 | 1:46 | 17 | 2:44 | 6.37 | 29:27 | 4:37 | 4 | 3:45 | 19 | 6:33 |
| Lap 4 | 2.35 | 11:31 | 4:54 | 6 | 2:02 | 21 | 2:42 | 8.72 | 40:58 | 4:41 | 4 | 5:47 | 18 | 9:14 |
| Last lap Finish | 1.28 | 6:03 | 4:43 | 4 | 0:57 | 18 | 1:28 | 10.00 | 47:01 | 4:42 | 4 | 6:44 | 18 | 10:42 |