



# 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<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>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         |