



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Hänsgen, Peter

Club: TSG Ruhla WSC 07
Number: 324

Course: 10.00 km
10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 47:11

Speed: 12.72 km/h
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 66)

Rank in course/Men: 19 (of 48)

Best time in course: 36:19

Rank in category: 2(of 3)

Best time in the category: 36:33

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	6:42	4:00	2	0:54	12	0:54	1.67	6:42	4:00	2	0:54	12	0:54
Lap 2	2.35	10:49	4:36	2	2:19	17	2:20	4.02	17:31	4:21	2	3:13	14	3:13
Lap 3	2.35	11:36	4:56	3	3:00	27	3:00	6.37	29:07	4:34	2	6:13	17	6:13
Lap 4	2.35	11:56	5:04	2	3:06	25	3:07	8.72	41:03	4:42	2	9:19	19	9:19
Last lap Finish	1.28	6:08	4:47	2	1:19	21	1:33	10.00	47:11	4:43	2	10:38	19	10:52