



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 344

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:17

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 21 (of 66)

Rank in course/Men: 20 (of 48)

Best time in course: 36:19

Rank in category: 5(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:14	4:19	3	0:42	20	1:26	1.67	7:14	4:19	3	0:42	20	1:26
Lap 2	2.35	11:03	4:42	5	1:34	21	2:34	4.02	18:17	4:32	5	2:09	21	3:59
Lap 3	2.35	11:28	4:52	6	1:54	20	2:52	6.37	29:45	4:40	5	4:03	21	6:51
Lap 4	2.35	11:26	4:51	4	1:57	18	2:37	8.72	41:11	4:43	5	6:00	20	9:27
Last lap Finish	1.28	6:06	4:45	6	1:00	20	1:31	10.00	47:17	4:43	5	7:00	20	10:58