



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Fleischer, Stephan**

Club: Katholische Laufjugend Arnstadt  
Number: 312

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 48:09

Speed: 12.46 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 25 (of 66)

Rank in course/Men: 22 (of 48)

Best time in course: 36:19

Rank in category: 2(of 5)

Best time in the category: 42:47

### 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	7:43	4:37	2	0:57	31	1:55	1.67	7:43	4:37	2	0:57	31	1:55
Lap 2	2.35	11:30	4:53	2	1:36	27	3:01	4.02	19:13	4:46	2	2:33	29	4:55
Lap 3	2.35	11:34	4:55	2	1:29	25	2:58	6.37	30:47	4:49	2	4:02	28	7:53
Lap 4	2.35	11:27	4:52	3	1:04	19	2:38	8.72	42:14	4:50	2	5:06	25	10:30
Last lap Finish	1.28	5:55	4:37	3	0:16	16	1:20	10.00	48:09	4:48	2	5:22	22	11:50