



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Gerngroß, Thomas

Club: ThSV 1886 Geschwenda
Number: 317

Course: 10.00 km
10-km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 47:59

Speed: 12.50 km/h
Running performance: 4:48 min/km

Rank in course/Total: 24 (of 66)

Rank in course/Men: 21 (of 48)

Best time in course: 36:19

Rank in category: 6(of 9)

Best time in the category: 40:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total			Pos		Behind	
				Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.67	7:49	4:40	7	1:17	32	2:01	1.67	7:49	4:40	7	1:17	32	2:01
Lap 2	2.35	11:11	4:45	7	1:42	24	2:42	4.02	19:00	4:43	7	2:52	26	4:42
Lap 3	2.35	11:27	4:52	5	1:53	19	2:51	6.37	30:27	4:46	7	4:45	26	7:33
Lap 4	2.35	11:29	4:53	5	2:00	20	2:40	8.72	41:56	4:48	6	6:45	22	10:12
Last lap Finish	1.28	6:03	4:43	4	0:57	18	1:28	10.00	47:59	4:47	6	7:42	21	11:40