



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Aladisch, Stev

Club: Trailrunning- Crew Thüringen
Number: 301

Course: 10.00 km
10-km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:32

Speed: 12.36 km/h
Running performance: 4:51 min/km

Rank in course/Total: 28 (of 66)

Rank in course/Men: 25 (of 48)

Best time in course: 36:19

Rank in category: 3(of 5)

Best time in the category: 42:47

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	8:06	4:51	3	1:20	36	2:18	1.67	8:06	4:51	3	1:20	36	2:18	
Lap 2	2.35	11:51	5:02	3	1:57	32	3:22	4.02	19:57	4:57	3	3:17	34	5:39	
Lap 3	2.35	11:34	4:55	2	1:29	25	2:58	6.37	31:31	4:56	3	4:46	32	8:37	
Lap 4	2.35	11:20	4:49	2	0:57	17	2:31	8.72	42:51	4:54	3	5:43	29	11:07	
Last lap Finish	1.28	5:41	4:26	2	0:02	12	1:06	10.00	48:32	4:51	3	5:45	25	12:13	