



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Kerber, Andreas

Club: Rennsteiglaufverein
Number: 332

Course: 10.00 km
10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 48:29

Speed: 12.38 km/h
Running performance: 4:51 min/km

Rank in course/Total: 27 (of 66)

Rank in course/Men: 24 (of 48)

Best time in course: 36:19

Rank in category: 2(of 2)

Best time in the category: 46:28

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	7:41	4:36	2	0:37	28	1:53	1.67	7:41	4:36	2	0:37	28	1:53
Lap 2	2.35	11:26	4:51	2	0:42	26	2:57	4.02	19:07	4:45	2	1:19	27	4:49
Lap 3	2.35	11:32	4:54	2	0:26	23	2:56	6.37	30:39	4:48	2	1:45	27	7:45
Lap 4	2.35	11:32	4:54	2	0:14	22	2:43	8.72	42:11	4:50	2	1:59	24	10:27
Last lap Finish	1.28	6:18	4:55	2	0:02	24	1:43	10.00	48:29	4:50	2	2:01	24	12:10