



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Wächter, Hartmut

Club: SG Motor Arnstadt
Number: 353

Course: 10.00 km
10-km-Lauf

Category:
Senioren M70 (70-74 Jahre)

Total time: 48:36

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 29 (of 66)

Rank in course/Men: 26 (of 48)

Best time in course: 36:19

Rank in category: 1(of 2)

Best time in the category: 48:36

Intermediate times					Stage score				Total ranking					
Control	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	7:19	4:22	1	-	22	1:31	1.67	7:19	4:22	1	-	22	1:31
Lap 2	2.35	11:03	4:42	1	-	21	2:34	4.02	18:22	4:34	1	-	22	4:04
Lap 3	2.35	11:30	4:53	1	-	21	2:54	6.37	29:52	4:41	1	-	22	6:58
Lap 4	2.35	12:02	5:07	1	-	27	3:13	8.72	41:54	4:48	1	-	21	10:10
Last lap Finish	1.28	6:42	5:14	1	-	31	2:07	10.00	48:36	4:51	1	-	26	12:17