



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Hemm, Hilmar**

Club: USV Jena

Number: 325

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 48:49

Speed: 12.29 km/h

Running performance: 4:53 min/km

Rank in course/Total: 31 (of 66)

Rank in course/Men: 28 (of 48)

Best time in course: 36:19

Rank in category: 7(of 9)

Best time in the category: 40:17

### 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	7:42	4:36	6	1:10	30	1:54	1.67	7:42	4:36	6	1:10	30	1:54
Lap 2	2.35	11:04	4:42	6	1:35	23	2:35	4.02	18:46	4:40	6	2:38	24	4:28
Lap 3	2.35	11:36	4:56	7	2:02	27	3:00	6.37	30:22	4:46	6	4:40	25	7:28
Lap 4	2.35	12:07	5:09	7	2:38	30	3:18	8.72	42:29	4:52	7	7:18	27	10:45
Last lap Finish	1.28	6:20	4:56	7	1:14	25	1:45	10.00	48:49	4:52	7	8:32	28	12:30