



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Chavez Canon, Miguel Angel

Club: -

Number: 309

Course: 10.00 km

10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 48:48

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 30 (of 66)

Rank in course/Men: 27 (of 48)

Best time in course: 36:19

Rank in category: 3(of 3)

Best time in the category: 36:33

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		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	6:58	4:10	3	1:10	15	1:10	1.67	6:58	4:10	3	1:10	15	1:10	
Lap 2	2.35	11:52	5:02	3	3:22	33	3:23	4.02	18:50	4:41	3	4:32	25	4:32	
Lap 3	2.35	11:31	4:54	2	2:55	22	2:55	6.37	30:21	4:45	3	7:27	24	7:27	
Lap 4	2.35	11:59	5:05	3	3:09	26	3:10	8.72	42:20	4:51	3	10:36	26	10:36	
Last lap Finish	1.28	6:28	5:03	3	1:39	27	1:53	10.00	48:48	4:52	3	12:15	27	12:29	