



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Bauer, Jörg

Club: Grundschule Ohrdruf
Number: 373

Course: 10.00 km
10-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 48:27

Speed: 12.38 km/h
Running performance: 4:50 min/km

Rank in course/Total: 26 (of 66)

Rank in course/Men: 23 (of 48)

Best time in course: 36:19

Rank in category: 1(of 4)

Best time in the category: 48:27

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	7:28	4:28	1	-	25	1:40	1.67	7:28	4:28	1	-	25	1:40
Lap 2	2.35	11:17	4:48	1	-	25	2:48	4.02	18:45	4:39	1	-	23	4:27
Lap 3	2.35	11:32	4:54	1	-	23	2:56	6.37	30:17	4:45	1	-	23	7:23
Lap 4	2.35	11:44	4:59	1	-	24	2:55	8.72	42:01	4:49	1	-	23	10:17
Last lap Finish	1.28	6:26	5:01	1	-	26	1:51	10.00	48:27	4:50	1	-	23	12:08