



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Raschke, Henry

Club: Ilmenau
Number: 375

Course: 10.00 km
10-km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:44

Speed: 12.06 km/h
Running performance: 4:58 min/km

Rank in course/Total: 32 (of 66)

Rank in course/Men: 29 (of 48)

Best time in course: 36:19

Rank in category: 2(of 4)

Best time in the category: 40:37

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	6:56	4:09	2	0:21	14	1:08	1.67	6:56	4:09	2	0:21	14	1:08
Lap 2	2.35	10:54	4:38	2	1:25	20	2:25	4.02	17:50	4:26	2	1:46	16	3:32
Lap 3	2.35	11:42	4:58	2	2:04	29	3:06	6.37	29:32	4:38	2	3:50	20	6:38
Lap 4	2.35	13:02	5:32	2	3:24	34	4:13	8.72	42:34	4:52	2	7:14	28	10:50
Last lap Finish	1.28	7:10	5:35	2	1:53	34	2:35	10.00	49:44	4:58	2	9:07	29	13:25