



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Glienke, Marcus

Club: Kinderklinik Arnstadt
Number: 318

Course: 10.00 km
10-km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:08

Speed: 11.97 km/h
Running performance: 5:01 min/km

Rank in course/Total: 34 (of 66)

Rank in course/Men: 31 (of 48)

Best time in course: 36:19

Rank in category: 3(of 4)

Best time in the category: 38:41

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	7:54	4:43	3	1:47	34	2:06	1.67	7:54	4:43	3	1:47	34	2:06
Lap 2	2.35	11:34	4:55	3	2:16	28	3:05	4.02	19:28	4:50	3	4:03	31	5:10
Lap 3	2.35	12:02	5:07	3	2:49	31	3:26	6.37	31:30	4:56	3	6:52	31	8:36
Lap 4	2.35	12:03	5:07	3	2:51	28	3:14	8.72	43:33	4:59	3	9:43	31	11:49
Last lap Finish	1.28	6:35	5:08	3	1:44	28	2:00	10.00	50:08	5:00	3	11:27	31	13:49