



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam
Number: 362

Course: 10.00 km
10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 50:02

Speed: 11.99 km/h

Running performance: 5:00 min/km

Rank in course/Total: 33 (of 66)

Rank in course/Men: 30 (of 48)

Best time in course: 36:19

Rank in category: 2(of 4)

Best time in the category: 48:27

Intermediate times

Stage score

Total ranking

Control	Split		Stage score				Total ranking							
	km	Time	min/km	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.67	7:41	4:36	2	0:13	28	1:53	1.67	7:41	4:36	2	0:13	28	1:53
Lap 2	2.35	11:37	4:56	2	0:20	29	3:08	4.02	19:18	4:48	2	0:33	30	5:00
Lap 3	2.35	11:58	5:05	2	0:26	30	3:22	6.37	31:16	4:54	2	0:59	30	8:22
Lap 4	2.35	12:06	5:08	2	0:22	29	3:17	8.72	43:22	4:58	2	1:21	30	11:38
Last lap Finish	1.28	6:40	5:12	2	0:14	30	2:05	10.00	50:02	5:00	2	1:35	30	13:43