



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Vettrich, Maik**

Club: Adler-Arnstadt

Number: 360

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:27

Speed: 11.89 km/h

Running performance: 5:02 min/km

Rank in course/Total: 35 (of 66)

Rank in course/Men: 32 (of 48)

Best time in course: 36:19

Rank in category: 7(of 10)

Best time in the category: 36:19

### 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	7:31	4:30	7	1:42	26	1:43	1.67	7:31	4:30	7	1:42	26	1:43	
Lap 2	2.35	11:37	4:56	7	3:08	29	3:08	4.02	19:08	4:45	7	4:50	28	4:50	
Lap 3	2.35	12:06	5:08	7	3:29	33	3:30	6.37	31:14	4:54	7	8:19	29	8:20	
Lap 4	2.35	12:28	5:18	7	3:39	31	3:39	8.72	43:42	5:00	7	11:58	32	11:58	
Last lap Finish	1.28	6:45	5:16	8	2:10	32	2:10	10.00	50:27	5:02	7	14:08	32	14:08	