



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Moll, Hans-Reinhard**

Club: SV Blau-Weiß Dodenhausen  
Number: 339

Course: 10.00 km  
10-km-Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 51:24

Speed: 11.67 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 36 (of 66)

Rank in course/Men: 33 (of 48)

Best time in course: 36:19

Rank in category: 2(of 2)

Best time in the category: 48:36

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:55	4:44	2	0:36	35	2:07	1.67	7:55	4:44	2	0:36	35	2:07
Lap 2	2.35	11:49	5:01	2	0:46	31	3:20	4.02	19:44	4:54	2	1:22	32	5:26
Lap 3	2.35	12:02	5:07	2	0:32	31	3:26	6.37	31:46	4:59	2	1:54	33	8:52
Lap 4	2.35	12:41	5:23	2	0:39	32	3:52	8.72	44:27	5:05	2	2:33	33	12:43
Last lap Finish	1.28	6:57	5:25	2	0:15	33	2:22	10.00	51:24	5:08	2	2:48	33	15:05