



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Witting, Hannes

Club: Geratal
Number: 357

Course: 10.00 km
10-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 52:08

Speed: 11.51 km/h
Running performance: 5:13 min/km

Rank in course/Total: 40 (of 66)

Rank in course/Men: 34 (of 48)

Best time in course: 36:19

Rank in category: 8(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	7:50	4:41	9	2:01	33	2:02	1.67	7:50	4:41	9	2:01	33	2:02
Lap 2	2.35	12:02	5:07	8	3:33	34	3:33	4.02	19:52	4:56	8	5:34	33	5:34
Lap 3	2.35	12:32	5:19	8	3:55	34	3:56	6.37	32:24	5:05	8	9:29	34	9:30
Lap 4	2.35	13:08	5:35	8	4:19	35	4:19	8.72	45:32	5:13	8	13:48	34	13:48
Last lap Finish	1.28	6:36	5:09	7	2:01	29	2:01	10.00	52:08	5:12	8	15:49	34	15:49