



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Vettrich, Maik

Club: RSV Adler Arnstadt

Number: 202

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 54:47

Speed: 10.95 km/h

Running performance: 5:29 min/km

Rank in course/Total: 50 (of 68)

Rank in course/Men: 40 (of 52)

Best time in course: 36:20

Rank in category: 10(of 11)

Best time in the category: 36:20

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	8:09	4:52	10	2:31	39	2:31	1.67	8:09	4:52	10	2:31	39	2:31
Lap 2	2.35	12:40	5:23	11	3:58	38	3:58	4.02	20:49	5:10	11	6:29	40	6:29
Lap 3	2.35	13:12	5:37	11	4:32	42	4:32	6.37	34:01	5:20	11	11:01	42	11:01
Lap 4	2.35	13:34	5:46	11	4:52	43	4:52	8.72	47:35	5:27	11	15:53	41	15:53
Last lap Finish	1.28	7:12	5:37	10	2:34	39	2:34	10.00	54:47	5:28	10	18:27	40	18:27