



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hahnemann, Norbert

Club: SG Motor Arnstadt

Number: 164

Course: 10.00 km

10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 55:03

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 51 (of 68)

Rank in course/Men: 41 (of 52)

Best time in course: 36:20

Rank in category: 2(of 2)

Best time in the category: 48:19

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	8:17	4:57	2	1:02	44	2:39	1.67	8:17	4:57	2	1:02	44	2:39
Lap 2	2.35	13:09	5:35	2	1:43	45	4:27	4.02	21:26	5:19	2	2:45	44	7:06
Lap 3	2.35	13:07	5:34	2	1:31	40	4:27	6.37	34:33	5:25	2	4:16	43	11:33
Lap 4	2.35	13:15	5:38	2	1:35	42	4:33	8.72	47:48	5:28	2	5:51	42	16:06
Last lap Finish	1.28	7:15	5:39	2	0:53	40	2:37	10.00	55:03	5:30	2	6:44	41	18:43