



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Pawlik, Gerd

Club: Pawliks Lauffamily

Number: 181

Course: 10.00 km

10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 56:20

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 53 (of 68)

Rank in course/Men: 43 (of 52)

Best time in course: 36:20

Rank in category: 3(of 3)

Best time in the category: 46:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	8:30	5:05	3	1:35	46	2:52	1.67	8:30	5:05	3	1:35	46	2:52
Lap 2	2.35	13:08	5:35	3	2:25	44	4:26	4.02	21:38	5:22	3	4:00	45	7:18
Lap 3	2.35	13:33	5:45	3	2:35	44	4:53	6.37	35:11	5:31	3	6:35	45	12:11
Lap 4	2.35	13:48	5:52	3	2:22	44	5:06	8.72	48:59	5:37	3	8:57	45	17:17
Last lap Finish	1.28	7:21	5:44	3	1:03	42	2:43	10.00	56:20	5:38	3	10:00	43	20:00