



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Zöllner, Marcel**

Club: R¥DE

Number: 205

Course: 10.00 km

10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 56:25

Speed: 10.64 km/h

Running performance: 5:38 min/km

Rank in course/Total: 54 (of 68)

Rank in course/Men: 44 (of 52)

Best time in course: 36:20

Rank in category: 3(of 4)

Best time in the category: 41:22

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men					Behind Men
Lap 1	1.67	8:05	4:50	3	2:14	37	2:27	1.67	8:05	4:50	3	2:14	37	2:27				
Lap 2	2.35	12:45	5:25	3	3:00	40	4:03	4.02	20:50	5:10	3	5:14	41	6:30				
Lap 3	2.35	13:10	5:36	2	3:12	41	4:30	6.37	34:00	5:20	3	8:26	41	11:00				
Lap 4	2.35	13:55	5:55	3	3:41	45	5:13	8.72	47:55	5:29	3	12:07	43	16:13				
Last lap Finish	1.28	8:30	6:38	4	2:56	48	3:52	10.00	56:25	5:38	3	15:03	44	20:05				