



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Trux, Daniel

Club: TRCT Racing Team

Number: 192

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:33

Speed: 10.61 km/h

Running performance: 5:40 min/km

Rank in course/Total: 55 (of 68)

Rank in course/Men: 45 (of 52)

Best time in course: 36:20

Rank in category: 6(of 7)

Best time in the category: 41:11

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	8:11	4:54	5	1:58	41	2:33	1.67	8:11	4:54	5	1:58	41	2:33	
Lap 2	2.35	12:59	5:31	6	3:23	43	4:17	4.02	21:10	5:15	6	5:21	43	6:50	
Lap 3	2.35	13:38	5:48	6	3:51	45	4:58	6.37	34:48	5:27	6	9:12	44	11:48	
Lap 4	2.35	13:58	5:56	6	3:53	46	5:16	8.72	48:46	5:35	6	13:05	44	17:04	
Last lap Finish	1.28	7:47	6:04	6	2:17	44	3:09	10.00	56:33	5:39	6	15:22	45	20:13	