



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

Richter, Christian

Club: Arnstadt

Number: 183

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:09

Speed: 9.98 km/h

Running performance: 6:01 min/km

Rank in course/Total: 58 (of 68)

Rank in course/Men: 47 (of 52)

Best time in course: 36:20

Rank in category: 7(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	9:13	5:31	7	3:00	48	3:35	1.67	9:13	5:31	7	3:00	48	3:35
Lap 2	2.35	14:07	6:00	7	4:31	47	5:25	4.02	23:20	5:48	7	7:31	47	9:00
Lap 3	2.35	14:26	6:08	7	4:39	48	5:46	6.37	37:46	5:55	7	12:10	48	14:46
Lap 4	2.35	14:14	6:03	7	4:09	47	5:32	8.72	52:00	5:57	7	16:19	47	20:18
Last lap Finish	1.28	8:09	6:22	7	2:39	47	3:31	10.00	1:00:09	6:00	7	18:58	47	23:49