



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kratzer, Thomas

Club: Evangelischer Kindergarten Arnstadt
Number: 175

Course: 10.00 km
10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:09

Speed: 9.98 km/h
Running performance: 6:01 min/km

Rank in course/Total: 59 (of 68)

Rank in course/Men: 47 (of 52)

Best time in course: 36:20

Rank in category: 6(of 6)

Best time in the category: 40:39

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	9:08	5:28	6	3:08	47	3:30	1.67	9:08	5:28	6	3:08	47	3:30
Lap 2	2.35	14:11	6:02	6	4:47	48	5:29	4.02	23:19	5:48	6	7:55	46	8:59
Lap 3	2.35	14:23	6:07	6	4:37	47	5:43	6.37	37:42	5:55	6	12:32	47	14:42
Lap 4	2.35	14:32	6:11	6	4:36	48	5:50	8.72	52:14	5:59	6	17:08	48	20:32
Last lap Finish	1.28	7:55	6:11	6	2:22	46	3:17	10.00	1:00:09	6:00	6	19:30	47	23:49