



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Dehmel, Gerhard

Club: ThwV Ilmenau

Number: 209

Course: 10.00 km

10-km-Lauf

Category:

Senioren M80 (80-84 Jahre)

Total time: 1:04:18

Speed: 9.33 km/h

Running performance: 6:26 min/km

Rank in course/Total: 63 (of 68)

Rank in course/Men: 49 (of 52)

Best time in course: 36:20

Rank in category: 1(of 1)

Best time in the category: 1:04:18

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	9:26	5:38	1	-	49	3:48	1.67	9:26	5:38	1	-	49	3:48
Lap 2	2.35	15:02	6:23	1	-	50	6:20	4.02	24:28	6:05	1	-	49	10:08
Lap 3	2.35	15:29	6:35	1	-	49	6:49	6.37	39:57	6:16	1	-	49	16:57
Lap 4	2.35	15:45	6:42	1	-	50	7:03	8.72	55:42	6:23	1	-	49	24:00
Last lap Finish	1.28	8:36	6:43	1	-	49	3:58	10.00	1:04:18	6:25	1	-	49	27:58