



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

REYES, Gilbert

Club: ARNSTADT

Number: 210

Course: 10.00 km

10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:04:59

Speed: 9.23 km/h

Running performance: 6:30 min/km

Rank in course/Total: 66 (of 68)

Rank in course/Men: 50 (of 52)

Best time in course: 36:20

Rank in category: 4(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	8:25	5:02	4	2:34	45	2:47	1.67	8:25	5:02	4	2:34	45	2:47
Lap 2	2.35	16:41	7:05	4	6:56	51	7:59	4.02	25:06	6:14	4	9:30	51	10:46
Lap 3	2.35	16:43	7:06	4	6:45	50	8:03	6.37	41:49	6:33	4	16:15	51	18:49
Lap 4	2.35	15:18	6:30	4	5:04	49	6:36	8.72	57:07	6:33	4	21:19	50	25:25
Last lap Finish	1.28	7:52	6:08	3	2:18	45	3:14	10.00	1:04:59	6:29	4	23:37	50	28:39