



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Dudek, Harald

Club: Buchenläufer Arnstadt

Number: 157

Course: 10.00 km

10-km-Lauf

Category:

Senioren M75 (75-79 Jahre)

Total time: 1:09:40

Speed: 8.61 km/h

Running performance: 6:58 min/km

Rank in course/Total: 67 (of 68)

Rank in course/Men: 51 (of 52)

Best time in course: 36:20

Rank in category: 1(of 1)

Best time in the category: 1:09:40

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 | 9:32 | 5:42 | 1 | - | 51 | 3:54 | 1.67 | 9:32 | 5:42 | 1 | - | 51 | 3:54 |
| Lap 2 | 2.35 | 15:01 | 6:23 | 1 | - | 49 | 6:19 | 4.02 | 24:33 | 6:06 | 1 | - | 50 | 10:13 |
| Lap 3 | 2.35 | 17:02 | 7:14 | 1 | - | 51 | 8:22 | 6.37 | 41:35 | 6:31 | 1 | - | 50 | 18:35 |
| Lap 4 | 2.35 | 18:04 | 7:41 | 1 | - | 52 | 9:22 | 8.72 | 59:39 | 6:50 | 1 | - | 51 | 27:57 |
| Last lap Finish | 1.28 | 10:01 | 7:49 | 1 | - | 51 | 5:23 | 10.00 | 1:09:40 | 6:58 | 1 | - | 51 | 33:20 |