



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