



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Aulich, André**

Club: Arnstadt

Number: 151

Course: 10.00 km

10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:11:36

Speed: 8.38 km/h

Running performance: 7:10 min/km

Rank in course/Total: 68 (of 68)

Rank in course/Men: 52 (of 52)

Best time in course: 36:20

Rank in category: 4(of 4)

Best time in the category: 40:31

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.67	9:57	5:57	4	3:49	52	4:19	1.67	9:57	5:57	4	3:49	52	4:19
Lap 2	2.35	16:49	7:09	4	7:19	52	8:07	4.02	26:46	6:39	4	11:08	52	12:26
Lap 3	2.35	17:39	7:30	4	8:00	52	8:59	6.37	44:25	6:58	4	19:08	52	21:25
Lap 4	2.35	17:33	7:28	4	7:40	51	8:51	8.72	1:01:58	7:06	4	26:48	52	30:16
Last lap Finish	1.28	9:38	7:31	4	4:17	50	5:00	10.00	1:11:36	7:09	4	31:05	52	35:16