



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Freitag, Roman

Total time: 38:55

Club: GutsMuths-Rennsteiglaufverein / TRCT Racing Speed: 15.42 km/h

Number: 159

Running performance: 3:53 min/km

Course: 10.00 km

Rank in course/Total: 3 (of 68)

10-km-Lauf

Rank in course/Men: 3 (of 52)

Category:

Best time in course: 36:20

Senioren M35 (35-39 Jahre)

Rank in category: 2(of 11)

Best time in the category: 36:20

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	5:43	3:25	2	0:05	2	0:05	1.67	5:43	3:25	2	0:05	2	0:05
Lap 2	2.35	9:07	3:52	2	0:25	3	0:25	4.02	14:50	3:41	2	0:30	3	0:30
Lap 3	2.35	9:18	3:57	2	0:38	3	0:38	6.37	24:08	3:47	2	1:08	3	1:08
Lap 4	2.35	9:33	4:03	2	0:51	3	0:51	8.72	33:41	3:51	2	1:59	3	1:59
Last lap Finish	1.28	5:14	4:05	3	0:36	5	0:36	10.00	38:55	3:53	2	2:35	3	2:35