



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Maternowski, Tino**

Club: N3 Sportverein e.V.

Number: 179

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 39:40

Speed: 15.13 km/h

Running performance: 3:58 min/km

Rank in course/Total: 4 (of 68)

Rank in course/Men: 4 (of 52)

Best time in course: 36:20

Rank in category: 3(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	5:49	3:28	3	0:11	3	0:11	1.67	5:49	3:28	3	0:11	3	0:11
Lap 2	2.35	9:29	4:02	3	0:47	5	0:47	4.02	15:18	3:48	3	0:58	4	0:58
Lap 3	2.35	9:36	4:05	3	0:56	5	0:56	6.37	24:54	3:54	3	1:54	4	1:54
Lap 4	2.35	9:42	4:07	3	1:00	5	1:00	8.72	34:36	3:58	3	2:54	4	2:54
Last lap Finish	1.28	5:04	3:57	2	0:26	3	0:26	10.00	39:40	3:57	3	3:20	4	3:20