



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Münch, Andreas**

Club: Nesselal OT Pfullendorf

Number: 206

Course: 10.00 km

10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 40:31

Speed: 14.81 km/h

Running performance: 4:03 min/km

Rank in course/Total: 6 (of 68)

Rank in course/Men: 6 (of 52)

Best time in course: 36:20

Rank in category: 1(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:08	3:40	1	-	7	0:30	1.67	6:08	3:40	1	-	7	0:30	
Lap 2	2.35	9:30	4:02	1	-	7	0:48	4.02	15:38	3:53	1	-	7	1:18	
Lap 3	2.35	9:39	4:06	1	-	6	0:59	6.37	25:17	3:58	1	-	7	2:17	
Lap 4	2.35	9:53	4:12	1	-	8	1:11	8.72	35:10	4:01	1	-	7	3:28	
Last lap Finish	1.28	5:21	4:10	1	-	7	0:43	10.00	40:31	4:03	1	-	6	4:11	