



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Wilck, Andreas

Club: Sömmerdaer Gipfelstürmer
Number: 196

Course: 10.00 km
10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 40:39

Speed: 14.76 km/h
Running performance: 4:04 min/km

Rank in course/Total: 7 (of 68)

Rank in course/Men: 7 (of 52)

Best time in course: 36:20

Rank in category: 1(of 6)

Best time in the category: 40:39

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.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time					Total min/km
Lap 1	1.67	6:00	3:35	1	-	6	0:22	1.67	6:00	3:35	1	-	6	0:22
Lap 2	2.35	9:24	4:00	1	-	4	0:42	4.02	15:24	3:49	1	-	5	1:04
Lap 3	2.35	9:46	4:09	1	-	8	1:06	6.37	25:10	3:57	1	-	6	2:10
Lap 4	2.35	9:56	4:13	1	-	9	1:14	8.72	35:06	4:01	1	-	6	3:24
Last lap Finish	1.28	5:33	4:20	1	-	11	0:55	10.00	40:39	4:03	1	-	7	4:19