



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Grosser, Torsten

Club: AP Racing Team Apolda

Number: 162

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 40:41

Speed: 14.75 km/h

Running performance: 4:04 min/km

Rank in course/Total: 8 (of 68)

Rank in course/Men: 8 (of 52)

Best time in course: 36:20

Rank in category: 2(of 7)

Best time in the category: 39:53

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	6:12	3:42	3	0:02	10	0:34	1.67	6:12	3:42	3	0:02	10	0:34
Lap 2	2.35	9:35	4:04	2	0:06	8	0:53	4.02	15:47	3:55	2	0:08	9	1:27
Lap 3	2.35	9:45	4:08	2	0:15	7	1:05	6.37	25:32	4:00	2	0:23	8	2:32
Lap 4	2.35	9:51	4:11	2	0:17	7	1:09	8.72	35:23	4:03	2	0:40	8	3:41
Last lap Finish	1.28	5:18	4:08	2	0:08	6	0:40	10.00	40:41	4:04	2	0:48	8	4:21