



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Herrmann, Maik

Club: SC Impuls Erfurt / TRCT Racing Team

Number: 166

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 41:11

Speed: 14.57 km/h

Running performance: 4:07 min/km

Rank in course/Total: 9 (of 68)

Rank in course/Men: 9 (of 52)

Best time in course: 36:20

Rank in category: 1(of 7)

Best time in the category: 41:11

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	6:13	3:43	1	-	11	0:35	1.67	6:13	3:43	1	-	11	0:35
Lap 2	2.35	9:36	4:05	1	-	9	0:54	4.02	15:49	3:56	1	-	10	1:29
Lap 3	2.35	9:47	4:09	1	-	9	1:07	6.37	25:36	4:01	1	-	10	2:36
Lap 4	2.35	10:05	4:17	1	-	10	1:23	8.72	35:41	4:05	1	-	9	3:59
Last lap Finish	1.28	5:30	4:17	1	-	9	0:52	10.00	41:11	4:07	1	-	9	4:51