



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Müller, Marcus

Club: WSV Schmiedefeld

Number: 214

Course: 10.00 km

10-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 41:22

Speed: 14.50 km/h

Running performance: 4:08 min/km

Rank in course/Total: 10 (of 68)

Rank in course/Men: 10 (of 52)

Best time in course: 36:20

Rank in category: 1(of 4)

Best time in the category: 41:22

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	5:51	3:30	1	-	5	0:13	1.67	5:51	3:30	1	-	5	0:13
Lap 2	2.35	9:45	4:08	1	-	10	1:03	4.02	15:36	3:52	1	-	6	1:16
Lap 3	2.35	9:58	4:14	1	-	11	1:18	6.37	25:34	4:00	1	-	9	2:34
Lap 4	2.35	10:14	4:21	1	-	11	1:32	8.72	35:48	4:06	1	-	10	4:06
Last lap Finish	1.28	5:34	4:20	1	-	12	0:56	10.00	41:22	4:08	1	-	10	5:02