



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bähr, Johannes

Club: Traktor Rehestädt

Number: 212

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:31

Speed: 14.45 km/h

Running performance: 4:09 min/km

Rank in course/Total: 11 (of 68)

Rank in course/Men: 11 (of 52)

Best time in course: 36:20

Rank in category: 4(of 11)

Best time in the category: 36:20

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 | 6:32 | 3:54 | 4 | 0:54 | 12 | 0:54 | 1.67 | 6:32 | 3:54 | 4 | 0:54 | 12 | 0:54 |
| Lap 2 | 2.35 | 9:55 | 4:13 | 4 | 1:13 | 12 | 1:13 | 4.02 | 16:27 | 4:05 | 4 | 2:07 | 12 | 2:07 |
| Lap 3 | 2.35 | 9:53 | 4:12 | 4 | 1:13 | 10 | 1:13 | 6.37 | 26:20 | 4:08 | 4 | 3:20 | 12 | 3:20 |
| Lap 4 | 2.35 | 9:49 | 4:10 | 4 | 1:07 | 6 | 1:07 | 8.72 | 36:09 | 4:08 | 4 | 4:27 | 11 | 4:27 |
| Last lap Finish | 1.28 | 5:22 | 4:11 | 4 | 0:44 | 8 | 0:44 | 10.00 | 41:31 | 4:09 | 4 | 5:11 | 11 | 5:11 |