



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Mehr, Ralf

Club: X-Runners Jena

Number: 180

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:14

Speed: 14.21 km/h

Running performance: 4:13 min/km

Rank in course/Total: 12 (of 68)

Rank in course/Men: 12 (of 52)

Best time in course: 36:20

Rank in category: 3(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	6:10	3:41	1	-	8	0:32	1.67	6:10	3:41	1	-	8	0:32
Lap 2	2.35	9:47	4:09	3	0:18	11	1:05	4.02	15:57	3:58	3	0:18	11	1:37
Lap 3	2.35	10:13	4:20	3	0:43	12	1:33	6.37	26:10	4:06	3	1:01	11	3:10
Lap 4	2.35	10:23	4:25	3	0:49	12	1:41	8.72	36:33	4:11	3	1:50	12	4:51
Last lap Finish	1.28	5:41	4:26	3	0:31	13	1:03	10.00	42:14	4:13	3	2:21	12	5:54