



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kneise, Wolfram

Club: SG Einheit Arnstadt

Number: 172

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 43:27

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 13 (of 68)

Rank in course/Men: 13 (of 52)

Best time in course: 36:20

Rank in category: 5(of 11)

Best time in the category: 36:20

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	6:39	3:58	5	1:01	13	1:01	1.67	6:39	3:58	5	1:01	13	1:01	
Lap 2	2.35	10:19	4:23	5	1:37	13	1:37	4.02	16:58	4:13	5	2:38	13	2:38	
Lap 3	2.35	10:25	4:25	5	1:45	13	1:45	6.37	27:23	4:17	5	4:23	13	4:23	
Lap 4	2.35	10:32	4:28	5	1:50	13	1:50	8.72	37:55	4:20	5	6:13	13	6:13	
Last lap Finish	1.28	5:32	4:19	5	0:54	10	0:54	10.00	43:27	4:20	5	7:07	13	7:07	