



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

Hülle, Jörg

Club: Alkersleben

Number: 217

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 45:25

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 15 (of 68)

Rank in course/Men: 14 (of 52)

Best time in course: 36:20

Rank in category: 4(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Men	Behind Men					
Lap 1	1.67	6:54	4:07	4	0:44	14	1:16	1.67	6:54	4:07	4	0:44	14	1:16			
Lap 2	2.35	10:44	4:34	4	1:15	16	2:02	4.02	17:38	4:23	4	1:59	15	3:18			
Lap 3	2.35	10:53	4:37	4	1:23	14	2:13	6.37	28:31	4:28	4	3:22	14	5:31			
Lap 4	2.35	11:01	4:41	4	1:27	14	2:19	8.72	39:32	4:32	4	4:49	14	7:50			
Last lap Finish	1.28	5:53	4:35	4	0:43	15	1:15	10.00	45:25	4:32	4	5:32	14	9:05			