



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Köster, Frank**

Club: Dresden

Number: 173

Course: 10.00 km

10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 45:45

Speed: 13.11 km/h

Running performance: 4:35 min/km

Rank in course/Total: 16 (of 68)

Rank in course/Men: 15 (of 52)

Best time in course: 36:20

Rank in category: 2(of 6)

Best time in the category: 40:39

### 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	6:55	4:08	2	0:55	15	1:17	1.67	6:55	4:08	2	0:55	15	1:17
Lap 2	2.35	10:40	4:32	2	1:16	14	1:58	4.02	17:35	4:22	2	2:11	14	3:15
Lap 3	2.35	10:57	4:39	2	1:11	15	2:17	6.37	28:32	4:28	2	3:22	15	5:32
Lap 4	2.35	11:18	4:48	2	1:22	18	2:36	8.72	39:50	4:34	2	4:44	15	8:08
Last lap Finish	1.28	5:55	4:37	2	0:22	16	1:17	10.00	45:45	4:34	2	5:06	15	9:25