



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Wagner, Philipp

Club: Langstrecke Arnstadt

Number: 195

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:56

Speed: 13.06 km/h

Running performance: 4:35 min/km

Rank in course/Total: 17 (of 68)

Rank in course/Men: 16 (of 52)

Best time in course: 36:20

Rank in category: 6(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:00	4:11	6	1:22	18	1:22	1.67	7:00	4:11	6	1:22	18	1:22
Lap 2	2.35	10:54	4:38	6	2:12	17	2:12	4.02	17:54	4:27	6	3:34	18	3:34
Lap 3	2.35	11:03	4:42	6	2:23	17	2:23	6.37	28:57	4:32	6	5:57	17	5:57
Lap 4	2.35	11:03	4:42	6	2:21	15	2:21	8.72	40:00	4:35	6	8:18	16	8:18
Last lap Finish	1.28	5:56	4:38	6	1:18	17	1:18	10.00	45:56	4:35	6	9:36	16	9:36