



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Sahl, Andreas

Club: RSV Adler Arnstadt

Number: 211

Course: 10.00 km

10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 46:20

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 19 (of 68)

Rank in course/Men: 18 (of 52)

Best time in course: 36:20

Rank in category: 1(of 3)

Best time in the category: 46:20

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	6:55	4:08	1	-	15	1:17	1.67	6:55	4:08	1	-	15	1:17
Lap 2	2.35	10:43	4:33	1	-	15	2:01	4.02	17:38	4:23	1	-	15	3:18
Lap 3	2.35	10:58	4:40	1	-	16	2:18	6.37	28:36	4:29	1	-	16	5:36
Lap 4	2.35	11:26	4:51	1	-	20	2:44	8.72	40:02	4:35	1	-	18	8:20
Last lap Finish	1.28	6:18	4:55	1	-	22	1:40	10.00	46:20	4:38	1	-	18	10:00