



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 |