



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Grune, Sascha

Club: Rennsteig Borussen

Number: 213

Course: 10.00 km

10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:58

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 20 (of 68)

Rank in course/Men: 19 (of 52)

Best time in course: 36:20

Rank in category: 2(of 4)

Best time in the category: 40:31

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	7:23	4:25	2	1:15	29	1:45	1.67	7:23	4:25	2	1:15	29	1:45
Lap 2	2.35	11:20	4:49	2	1:50	21	2:38	4.02	18:43	4:39	2	3:05	25	4:23
Lap 3	2.35	11:19	4:48	2	1:40	19	2:39	6.37	30:02	4:42	2	4:45	21	7:02
Lap 4	2.35	11:05	4:42	2	1:12	17	2:23	8.72	41:07	4:42	2	5:57	19	9:25
Last lap Finish	1.28	5:51	4:34	2	0:30	14	1:13	10.00	46:58	4:41	2	6:27	19	10:38