



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Krüger, Thomas**

Club: N3 Sportverein e.V.

Number: 176

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 47:32

Speed: 12.62 km/h

Running performance: 4:45 min/km

Rank in course/Total: 22 (of 68)

Rank in course/Men: 20 (of 52)

Best time in course: 36:20

Rank in category: 7(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		Total		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	7:01	4:12	7	1:23	20	1:23	1.67	7:01	4:12	7	1:23	20	1:23	
Lap 2	2.35	10:55	4:38	7	2:13	19	2:13	4.02	17:56	4:27	7	3:36	20	3:36	
Lap 3	2.35	11:23	4:50	7	2:43	20	2:43	6.37	29:19	4:36	7	6:19	19	6:19	
Lap 4	2.35	11:49	5:01	7	3:07	23	3:07	8.72	41:08	4:43	7	9:26	20	9:26	
Last lap Finish	1.28	6:24	5:00	7	1:46	26	1:46	10.00	47:32	4:45	7	11:12	20	11:12	