



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Rütze, Torsten

Club: SV 09 Arnstadt

Number: 185

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 47:33

Speed: 12.62 km/h

Running performance: 4:46 min/km

Rank in course/Total: 23 (of 68)

Rank in course/Men: 21 (of 52)

Best time in course: 36:20

Rank in category: 5(of 7)

Best time in the category: 39:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking		Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.		
Lap 1	1.67	7:15	4:20	6	1:05	25	1:37	1.67	7:15	4:20	6	1:05	25	1:37
Lap 2	2.35	11:22	4:50	5	1:53	22	2:40	4.02	18:37	4:37	5	2:58	21	4:17
Lap 3	2.35	11:25	4:51	5	1:55	21	2:45	6.37	30:02	4:42	5	4:53	21	7:02
Lap 4	2.35	11:21	4:49	5	1:47	19	2:39	8.72	41:23	4:44	5	6:40	21	9:41
Last lap Finish	1.28	6:10	4:49	5	1:00	18	1:32	10.00	47:33	4:45	5	7:40	21	11:13