



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Topf, Marcel

Club: Gutsmuths RSLV

Number: 219

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 48:40

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 27 (of 68)

Rank in course/Men: 24 (of 52)

Best time in course: 36:20

Rank in category: 2(of 7)

Best time in the category: 41:11

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	7:24	4:25	3	1:11	30	1:46	1.67	7:24	4:25	3	1:11	30	1:46	
Lap 2	2.35	11:34	4:55	2	1:58	26	2:52	4.02	18:58	4:43	2	3:09	26	4:38	
Lap 3	2.35	11:39	4:57	2	1:52	24	2:59	6.37	30:37	4:48	2	5:01	26	7:37	
Lap 4	2.35	11:44	4:59	2	1:39	22	3:02	8.72	42:21	4:51	2	6:40	25	10:39	
Last lap Finish	1.28	6:19	4:56	3	0:49	23	1:41	10.00	48:40	4:51	2	7:29	24	12:20	