



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Bauer, Jörg**

Club: Grundschule Ohrdruf

Number: 153

Course: 10.00 km

10-km-Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 48:55

Speed: 12.27 km/h

Running performance: 4:53 min/km

Rank in course/Total: 28 (of 68)

Rank in course/Men: 25 (of 52)

Best time in course: 36:20

Rank in category: 2(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	7:16	4:21	2	0:21	27	1:38	1.67	7:16	4:21	2	0:21	27	1:38
Lap 2	2.35	11:23	4:50	2	0:40	23	2:41	4.02	18:39	4:38	2	1:01	22	4:19
Lap 3	2.35	11:40	4:57	2	0:42	25	3:00	6.37	30:19	4:45	2	1:43	24	7:19
Lap 4	2.35	11:53	5:03	2	0:27	25	3:11	8.72	42:12	4:50	2	2:10	24	10:30
Last lap Finish	1.28	6:43	5:14	2	0:25	32	2:05	10.00	48:55	4:53	2	2:35	25	12:35