



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 | | Total | | Total ranking | | |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|-------|-------|--------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | km | Time | 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 |