



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Winkler, Norman**

Club: Laufladen Erfurt OCR Team

Number: 198

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 49:32

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 29 (of 68)

Rank in course/Men: 26 (of 52)

Best time in course: 36:20

Rank in category: 3(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		Total		Total ranking		
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:38	4:34	4	1:25	33	2:00	1.67	7:38	4:34	4	1:25	33	2:00
Lap 2	2.35	11:51	5:02	4	2:15	30	3:09	4.02	19:29	4:50	4	3:40	32	5:09
Lap 3	2.35	12:01	5:06	3	2:14	28	3:21	6.37	31:30	4:56	4	5:54	31	8:30
Lap 4	2.35	11:50	5:02	3	1:45	24	3:08	8.72	43:20	4:58	3	7:39	27	11:38
Last lap Finish	1.28	6:12	4:50	2	0:42	20	1:34	10.00	49:32	4:57	3	8:21	26	13:12