



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Becker, Markus

Club: Gutsmuths Rennsteiglauf Verein
Number: 207

Course: 10.00 km
10-km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 49:58

Speed: 12.01 km/h
Running performance: 5:00 min/km

Rank in course/Total: 30 (of 68)

Rank in course/Men: 27 (of 52)

Best time in course: 36:20

Rank in category: 3(of 6)

Best time in the category: 40:39

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	7:14	4:19	3	1:14	24	1:36	1.67	7:14	4:19	3	1:14	24	1:36
Lap 2	2.35	11:25	4:51	3	2:01	24	2:43	4.02	18:39	4:38	3	3:15	22	4:19
Lap 3	2.35	11:56	5:04	3	2:10	26	3:16	6.37	30:35	4:48	3	5:25	25	7:35
Lap 4	2.35	12:27	5:17	5	2:31	31	3:45	8.72	43:02	4:56	3	7:56	26	11:20
Last lap Finish	1.28	6:56	5:25	5	1:23	36	2:18	10.00	49:58	4:59	3	9:19	27	13:38