



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Wolfig, Uwe

Club: Plaue

Number: 215

Course: 10.00 km

10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 50:17

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 31 (of 68)

Rank in course/Men: 28 (of 52)

Best time in course: 36:20

Rank in category: 4(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 | 7:30 | 4:29 | 4 | 1:30 | 31 | 1:52 | 1.67 | 7:30 | 4:29 | 4 | 1:30 | 31 | 1:52 |
| Lap 2 | 2.35 | 11:47 | 5:00 | 4 | 2:23 | 28 | 3:05 | 4.02 | 19:17 | 4:47 | 4 | 3:53 | 31 | 4:57 |
| Lap 3 | 2.35 | 12:06 | 5:08 | 4 | 2:20 | 31 | 3:26 | 6.37 | 31:23 | 4:55 | 4 | 6:13 | 28 | 8:23 |
| Lap 4 | 2.35 | 12:12 | 5:11 | 3 | 2:16 | 28 | 3:30 | 8.72 | 43:35 | 4:59 | 4 | 8:29 | 28 | 11:53 |
| Last lap Finish | 1.28 | 6:42 | 5:14 | 4 | 1:09 | 31 | 2:04 | 10.00 | 50:17 | 5:01 | 4 | 9:38 | 28 | 13:57 |