



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