



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Furch, Norbert

Club: Die Bügeleisenbande

Number: 160

Course: 10.00 km

10-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 50:27

Speed: 11.89 km/h

Running performance: 5:02 min/km

Rank in course/Total: 32 (of 68)

Rank in course/Men: 29 (of 52)

Best time in course: 36:20

Rank in category: 3(of 4)

Best time in the category: 40:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km					
Lap 1	1.67	8:12	4:54	3	2:04	42	2:34	1.67	8:12	4:54	3	2:04	42	2:34	
Lap 2	2.35	11:58	5:05	3	2:28	34	3:16	4.02	20:10	5:00	3	4:32	36	5:50	
Lap 3	2.35	11:56	5:04	3	2:17	26	3:16	6.37	32:06	5:02	3	6:49	36	9:06	
Lap 4	2.35	12:02	5:07	3	2:09	26	3:20	8.72	44:08	5:03	3	8:58	30	12:26	
Last lap Finish	1.28	6:19	4:56	3	0:58	23	1:41	10.00	50:27	5:02	3	9:56	29	14:07	