



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Stonek, Christian**

Club: Liberales Laufteam

Number: 203

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:30

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 33 (of 68)

Rank in course/Men: 30 (of 52)

Best time in course: 36:20

Rank in category: 4(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		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men					Behind Men
Lap 1	1.67	7:19	4:22	2	1:06	28	1:41	1.67	7:19	4:22	2	1:06	28	1:41				
Lap 2	2.35	11:49	5:01	3	2:13	29	3:07	4.02	19:08	4:45	3	3:19	29	4:48				
Lap 3	2.35	12:19	5:14	4	2:32	34	3:39	6.37	31:27	4:56	3	5:51	30	8:27				
Lap 4	2.35	12:17	5:13	4	2:12	29	3:35	8.72	43:44	5:00	4	8:03	29	12:02				
Last lap Finish	1.28	6:46	5:17	4	1:16	35	2:08	10.00	50:30	5:02	4	9:19	30	14:10				