



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hummrich, Stefan

Club: Kick-Box-Team Arnstadt e.V.

Number: 170

Course: 10.00 km

10-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:57

Speed: 11.78 km/h

Running performance: 5:06 min/km

Rank in course/Total: 38 (of 68)

Rank in course/Men: 31 (of 52)

Best time in course: 36:20

Rank in category: 8(of 11)

Best time in the category: 36:20

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	7:47	4:39	9	2:09	35	2:09	1.67	7:47	4:39	9	2:09	35	2:09
Lap 2	2.35	11:51	5:02	9	3:09	30	3:09	4.02	19:38	4:53	9	5:18	33	5:18
Lap 3	2.35	12:05	5:08	8	3:25	30	3:25	6.37	31:43	4:58	9	8:43	33	8:43
Lap 4	2.35	12:35	5:21	8	3:53	33	3:53	8.72	44:18	5:04	9	12:36	32	12:36
Last lap Finish	1.28	6:39	5:11	8	2:01	29	2:01	10.00	50:57	5:05	8	14:37	31	14:37