



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hill, Tom Lorenz

Club: Fv Hochsprung mit Musik Arnstadt
Number: 168

Course: 10.00 km
10-km-Lauf

Category:
Männer (20-29 Jahre)

Total time: 50:58

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 39 (of 68)

Rank in course/Men: 32 (of 52)

Best time in course: 36:20

Rank in category: 2(of 3)

Best time in the category: 47:43

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	7:03	4:13	2	0:07	21	1:25	1.67	7:03	4:13	2	0:07	21	1:25
Lap 2	2.35	11:56	5:04	2	1:00	33	3:14	4.02	18:59	4:43	2	1:07	27	4:39
Lap 3	2.35	12:33	5:20	3	1:05	36	3:53	6.37	31:32	4:57	2	2:12	32	8:32
Lap 4	2.35	12:51	5:28	3	0:44	37	4:09	8.72	44:23	5:05	2	2:56	33	12:41
Last lap Finish	1.28	6:35	5:08	3	0:19	28	1:57	10.00	50:58	5:05	2	3:15	32	14:38