



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Hänsgen, Peter**

Club: WSV Oberhof

Number: 165

Course: 10.00 km

10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 51:00

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 40 (of 68)

Rank in course/Men: 33 (of 52)

Best time in course: 36:20

Rank in category: 3(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.	Stage score		Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men					Behind Men
Lap 1	1.67	7:12	4:18	3	0:16	22	1:34	1.67	7:12	4:18	3	0:16	22	1:34				
Lap 2	2.35	12:45	5:25	3	1:49	40	4:03	4.02	19:57	4:57	3	2:05	35	5:37				
Lap 3	2.35	12:04	5:08	2	0:36	29	3:24	6.37	32:01	5:01	3	2:41	34	9:01				
Lap 4	2.35	12:30	5:19	2	0:23	32	3:48	8.72	44:31	5:06	3	3:04	36	12:49				
Last lap Finish	1.28	6:29	5:03	2	0:13	27	1:51	10.00	51:00	5:05	3	3:17	33	14:40				