



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Forkel, Jan

Club: kein

Number: 158

Course: 10.00 km

10-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 51:03

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 41 (of 68)

Rank in course/Men: 34 (of 52)

Best time in course: 36:20

Rank in category: 5(of 6)

Best time in the category: 40:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	1.67	7:45	4:38	5	1:45	34	2:07	1.67	7:45	4:38	5	1:45	34	2:07
Lap 2	2.35	12:03	5:07	5	2:39	35	3:21	4.02	19:48	4:55	5	4:24	34	5:28
Lap 3	2.35	12:17	5:13	5	2:31	33	3:37	6.37	32:05	5:02	5	6:55	35	9:05
Lap 4	2.35	12:18	5:14	4	2:22	30	3:36	8.72	44:23	5:05	5	9:17	33	12:41
Last lap Finish	1.28	6:40	5:12	3	1:07	30	2:02	10.00	51:03	5:06	5	10:24	34	14:43