



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Seever, Thorsten

Club: SG Motor Arnstadt

Number: 187

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 42 (of 68)

Rank in course/Men: 35 (of 52)

Best time in course: 36:20

Rank in category: 6(of 7)

Best time in the category: 39:53

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:13	4:19	5	1:03	23	1:35	1.67	7:13	4:19	5	1:03	23	1:35	
Lap 2	2.35	11:52	5:02	6	2:23	32	3:10	4.02	19:05	4:44	6	3:26	28	4:45	
Lap 3	2.35	12:19	5:14	6	2:49	34	3:39	6.37	31:24	4:55	6	6:15	29	8:24	
Lap 4	2.35	13:06	5:34	7	3:32	40	4:24	8.72	44:30	5:06	6	9:47	35	12:48	
Last lap Finish	1.28	7:15	5:39	7	2:05	40	2:37	10.00	51:45	5:10	6	11:52	35	15:25	