



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bogen, Norman

Club: Laufftreff Alteburg

Number: 156

Course: 10.00 km

10-km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:26

Speed: 11.23 km/h

Running performance: 5:20 min/km

Rank in course/Total: 45 (of 68)

Rank in course/Men: 37 (of 52)

Best time in course: 36:20

Rank in category: 5(of 7)

Best time in the category: 41:11

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	8:13	4:55	6	2:00	43	2:35	1.67	8:13	4:55	6	2:00	43	2:35
Lap 2	2.35	12:47	5:26	5	3:11	42	4:05	4.02	21:00	5:13	5	5:11	42	6:40
Lap 3	2.35	12:48	5:26	5	3:01	37	4:08	6.37	33:48	5:18	5	8:12	39	10:48
Lap 4	2.35	12:36	5:21	5	2:31	35	3:54	8.72	46:24	5:19	5	10:43	38	14:42
Last lap Finish	1.28	7:02	5:29	5	1:32	37	2:24	10.00	53:26	5:20	5	12:15	37	17:06