



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

Müller, Christoph

Club: Arnstadt

Number: 220

Course: 10.00 km

10-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 47 (of 68)

Rank in course/Men: 39 (of 52)

Best time in course: 36:20

Rank in category: 7(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.67	8:08	4:52	7	1:58	38	2:30	1.67	8:08	4:52	7	1:58	38	2:30
Lap 2	2.35	12:30	5:19	7	3:01	37	3:48	4.02	20:38	5:07	7	4:59	37	6:18
Lap 3	2.35	13:00	5:31	7	3:30	38	4:20	6.37	33:38	5:16	7	8:29	37	10:38
Lap 4	2.35	13:05	5:34	6	3:31	39	4:23	8.72	46:43	5:21	7	12:00	39	15:01
Last lap Finish	1.28	7:07	5:33	6	1:57	38	2:29	10.00	53:50	5:23	7	13:57	39	17:30