



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Wächter, Hartmut

Club: SG Motor Arnstadt

Number: 194

Course: 10.00 km

10-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 46:10

Speed: 13.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 18 (of 68)

Rank in course/Men: 17 (of 52)

Best time in course: 36:20

Rank in category: 1(of 1)

Best time in the category: 46:10

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	7:00	4:11	1	-	18	1:22	1.67	7:00	4:11	1	-	18	1:22
Lap 2	2.35	10:54	4:38	1	-	17	2:12	4.02	17:54	4:27	1	-	18	3:34
Lap 3	2.35	11:03	4:42	1	-	17	2:23	6.37	28:57	4:32	1	-	17	5:57
Lap 4	2.35	11:03	4:42	1	-	15	2:21	8.72	40:00	4:35	1	-	16	8:18
Last lap Finish	1.28	6:10	4:49	1	-	18	1:32	10.00	46:10	4:36	1	-	17	9:50