



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Kuhlmeier, Max**

Club: Alkersleben

Number: 177

Course: 10.00 km

10-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 47:43

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 24 (of 68)

Rank in course/Men: 22 (of 52)

Best time in course: 36:20

Rank in category: 1(of 3)

Best time in the category: 47:43

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.67        | 6:56          | 4:09            | 1           | -              | 17          | 1:18          | 1.67          | 6:56          | 4:09            | 1           | -              | 17         | 1:18          |
| Lap 2           | 2.35        | 10:56         | 4:39            | 1           | -              | 20          | 2:14          | 4.02          | 17:52         | 4:26            | 1           | -              | 17         | 3:32          |
| Lap 3           | 2.35        | 11:28         | 4:52            | 1           | -              | 22          | 2:48          | 6.37          | 29:20         | 4:36            | 1           | -              | 20         | 6:20          |
| Lap 4           | 2.35        | 12:07         | 5:09            | 1           | -              | 27          | 3:25          | 8.72          | 41:27         | 4:45            | 1           | -              | 22         | 9:45          |
| Last lap Finish | 1.28        | 6:16          | 4:53            | 1           | -              | 21          | 1:38          | 10.00         | 47:43         | 4:46            | 1           | -              | 22         | 11:23         |