



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Mölders, Martin

Club: Liberales Laufteam

Number: 208

Course: 10.00 km

10-km-Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 48:19

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 26 (of 68)

Rank in course/Men: 23 (of 52)

Best time in course: 36:20

Rank in category: 1(of 2)

Best time in the category: 48:19

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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.67	7:15	4:20	1	-	25	1:37	1.67	7:15	4:20	1	-	25	1:37	
Lap 2	2.35	11:26	4:51	1	-	25	2:44	4.02	18:41	4:38	1	-	24	4:21	
Lap 3	2.35	11:36	4:56	1	-	23	2:56	6.37	30:17	4:45	1	-	23	7:17	
Lap 4	2.35	11:40	4:57	1	-	21	2:58	8.72	41:57	4:48	1	-	23	10:15	
Last lap Finish	1.28	6:22	4:58	1	-	25	1:44	10.00	48:19	4:49	1	-	23	11:59	