



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Herda, Michael

Club: Fes-Bahntechnik

Number: 4

Course: 5.00 km

5-km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 18:43

Speed: 16.03 km/h

Running performance: 3:44 min/km

Rank in course/Total: 5 (of 29)

Rank in course/Men: 5 (of 17)

Best time in course: 17:20

Rank in category: 1(of 2)

Best time in the category: 18:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	4:55	3:33	1	-	5	0:30	1.38	4:55	3:33	1	-	5	0:30
Lap 2	2.34	8:54	3:48	1	-	5	0:39	3.72	13:49	3:42	1	-	5	1:08
Last lap Finish	1.28	4:54	3:49	1	-	4	0:15	5.00	18:43	3:44	1	-	5	1:23