



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Dietz, Volker

Club: ASV Erfurt

Number: 34

Course: 5.00 km

5-km-Lauf

Category:

Senioren M70 (70-74 Jahre)

Total time: 24:35

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 10 (of 29)

Rank in course/Men: 8 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 24:35

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	6:18	4:33	1	-	7	1:53	1.38	6:18	4:33	1	-	7	1:53
Lap 2	2.34	11:21	4:51	1	-	7	3:06	3.72	17:39	4:44	1	-	7	4:58
Last lap Finish	1.28	6:56	5:25	1	-	10	2:17	5.00	24:35	4:54	1	-	8	7:15