



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Böhm, Andreas

Club: Seebach Runners
Number: 29

Course: 5.00 km
5-km-Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 24:48

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 11 (of 29)

Rank in course/Men: 9 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 24:48

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Lap 1	1.38	6:24	4:38	1	-	10	1:59	1.38	6:24	4:38	1	-	10	1:59
Lap 2	2.34	11:50	5:03	1	-	9	3:35	3.72	18:14	4:54	1	-	9	5:33
Last lap Finish	1.28	6:34	5:07	1	-	8	1:55	5.00	24:48	4:57	1	-	9	7:28