



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Knabe, Robert

Club: ThSV 1886 Geschwenda

Number: 7

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 25:39

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 13 (of 29)

Rank in course/Men: 10 (of 17)

Best time in course: 17:20

Rank in category: 4(of 4)

Best time in the category: 17:20

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	4	1:59	10	1:59	1.38	6:24	4:38	4	1:59	10	1:59
Lap 2	2.34	12:23	5:17	4	4:08	10	4:08	3.72	18:47	5:02	4	6:06	10	6:06
Last lap Finish	1.28	6:52	5:21	4	2:13	9	2:13	5.00	25:39	5:07	4	8:19	10	8:19