



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

**Zenker, Falko**

Club: Marineclub Gotha e.V.

Number: 21

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 26:17

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 15 (of 29)

Rank in course/Men: 11 (of 17)

Best time in course: 17:20

Rank in category: 1(of 2)

Best time in the category: 26:17

### 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  | 6:43  | 4:52   | 1    | -      | 12  | 2:18   | 1.38  | 6:43  | 4:52   | 1    | -      | 12  | 2:18   |
| Lap 2           | 2.34  | 12:36 | 5:23   | 1    | -      | 11  | 4:21   | 3.72  | 19:19 | 5:11   | 1    | -      | 11  | 6:38   |
| Last lap Finish | 1.28  | 6:58  | 5:26   | 1    | -      | 11  | 2:19   | 5.00  | 26:17 | 5:15   | 1    | -      | 11  | 8:57   |