



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Tussing, Werner

Club: Erfurt
Number: 18

Course: 5.00 km
5-km-Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 27:44

Speed: 10.82 km/h
Running performance: 5:33 min/km

Rank in course/Total: 21 (of 29)

Rank in course/Men: 14 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 27:44

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	6:53	4:59	1	-	13	2:28	1.38	6:53	4:59	1	-	13	2:28
Lap 2	2.34	13:23	5:43	1	-	14	5:08	3.72	20:16	5:26	1	-	14	7:35
Last lap Finish	1.28	7:28	5:49	1	-	14	2:49	5.00	27:44	5:32	1	-	14	10:24