



# 30. Arnstädter Citylauf

Arnstadt / 30.04.2022

## Detailed evaluation

Mock, Sigurd

Club: Erfurt  
Number: 13

Course: 5.00 km  
5-km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 33:36

Speed: 8.93 km/h  
Running performance: 6:43 min/km

Rank in course/Total: 25 (of 29)

Rank in course/Men: 15 (of 17)

Best time in course: 17:20

Rank in category: 2(of 2)

Best time in the category: 26:17

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Lap 1	1.38	9:05	6:34	2	2:22	17	4:40	1.38	9:05	6:34	2	2:22	17	4:40	
Lap 2	2.34	16:24	7:00	2	3:48	15	8:09	3.72	25:29	6:51	2	6:10	17	12:48	
Last lap Finish	1.28	8:07	6:20	2	1:09	15	3:28	5.00	33:36	6:43	2	7:19	15	16:16	