



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Gonzalez, Marcel

Club: Ilmenau

Number: 27

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 34:04

Speed: 8.81 km/h

Running performance: 6:49 min/km

Rank in course/Total: 26 (of 29)

Rank in course/Men: 16 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 34:04

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		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	8:08	5:53	1	-	15	3:43	1.38	8:08	5:53	1	-	15	3:43
Lap 2	2.34	16:48	7:10	1	-	16	8:33	3.72	24:56	6:42	1	-	15	12:15
Last lap Finish	1.28	9:08	7:08	1	-	17	4:29	5.00	34:04	6:48	1	-	16	16:44