



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Salazar, Marcio

Club: Ilmenau
Number: 28

Course: 5.00 km
5-km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 34:04

Speed: 8.81 km/h
Running performance: 6:49 min/km

Rank in course/Total: 27 (of 29)

Rank in course/Men: 16 (of 17)

Best time in course: 17:20

Rank in category: 2(of 2)

Best time in the category: 18:43

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	8:08	5:53	2	3:13	15	3:43	1.38	8:08	5:53	2	3:13	15	3:43
Lap 2	2.34	17:02	7:16	2	8:08	17	8:47	3.72	25:10	6:45	2	11:21	16	12:29
Last lap Finish	1.28	8:54	6:57	2	4:00	16	4:15	5.00	34:04	6:48	2	15:21	16	16:44