



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Ammarell, Ricardo

Club: HSV Weimar Triathlon

Number: 24

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 17:20

Speed: 17.31 km/h

Running performance: 3:28 min/km

Rank in course/Total: 1 (of 29)

Rank in course/Men: 1 (of 17)

Best time in course: 17:20

Rank in category: 1(of 4)

Best time in the category: 17:20

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Total min/km	Pos Men	Behind Men
Lap 1	1.38	4:25	3:12	1	-	1	-	1.38	4:25	3:12	1	-	1	-
Lap 2	2.34	8:16	3:31	2	0:01	2	0:01	3.72	12:41	3:24	1	-	1	-
Last lap Finish	1.28	4:39	3:37	1	-	1	-	5.00	17:20	3:27	1	-	1	-