



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Bell, Lorenz

Club: LG Vulkaneifel

Number: 31

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 17:22

Speed: 17.27 km/h

Running performance: 3:28 min/km

Rank in course/Total: 2 (of 29)

Rank in course/Men: 2 (of 17)

Best time in course: 17:20

Rank in category: 2(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	1.38	4:26	3:12	2	0:01	2	0:01	1.38	4:26	3:12	2	0:01	2	0:01
Lap 2	2.34	8:15	3:31	1	-	1	-	3.72	12:41	3:24	1	-	1	-
Last lap Finish	1.28	4:41	3:39	2	0:02	2	0:02	5.00	17:22	3:28	2	0:02	2	0:02