



30. Arnstädter Citylauf

Arnstadt / 30.04.2022

Detailed evaluation

Schwarz, Wolfgang

Club: VfB Torpedo Ichttershausen

Number: 16

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 18:18

Speed: 16.39 km/h

Running performance: 3:40 min/km

Rank in course/Total: 3 (of 29)

Rank in course/Men: 3 (of 17)

Best time in course: 17:20

Rank in category: 1(of 1)

Best time in the category: 18:18

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	4:48	3:28	1	-	4	0:23	1.38	4:48	3:28	1	-	4	0:23
Lap 2	2.34	8:41	3:42	1	-	3	0:26	3.72	13:29	3:37	1	-	3	0:48
Last lap Finish	1.28	4:49	3:45	1	-	3	0:10	5.00	18:18	3:39	1	-	3	0:58