



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Reißlandt, Mario

Number: 16

Course: 3.00 km

McDonald`s 3-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 15:24

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 9 (of 22)

Rank in course/Men: 5 (of 7)

Best time in course: 14:00

Rank in category: 1(of 1)

Best time in the category: 15:24

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	1.72	8:51	5:08	1	-	5	0:55	1.72	8:51	5:08	1	-	5	0:55
Last lap Finish	1.28	6:33	5:07	1	-	4	0:29	3.00	15:24	5:08	1	-	5	1:24