



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Ritter, Tommy

Club: Arnstadt

Number: 100

Course: 5.00 km

5-km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:52

Speed: 10.39 km/h

Running performance: 5:46 min/km

Rank in course/Total: 23 (of 30)

Rank in course/Men: 17 (of 20)

Best time in course: 20:08

Rank in category: 2(of 2)

Best time in the category: 20:08

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	7:10	5:11	2	1:41	17	1:41	1.38	7:10	5:11	2	1:41	17	1:41
Lap 2	2.34	13:51	5:55	2	4:21	16	4:21	3.72	21:01	5:38	2	6:02	16	6:02
Last lap Finish	1.28	7:51	6:07	2	2:42	18	2:42	5.00	28:52	5:46	2	8:44	17	8:44