



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Herzer, Nils

Club: Leipzig

Number: 94

Course: 5.00 km

5-km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 21:05

Speed: 14.23 km/h

Running performance: 4:13 min/km

Rank in course/Total: 2 (of 30)

Rank in course/Men: 2 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 21:05

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	5:29	3:58	1	-	1	-	1.38	5:29	3:58	1	-	1	-
Lap 2	2.34	10:08	4:19	1	-	2	0:38	3.72	15:37	4:11	1	-	2	0:38
Last lap Finish	1.28	5:28	4:16	1	-	2	0:19	5.00	21:05	4:13	1	-	2	0:57