



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Eisleb, Rasmus

Club: SSV Erfurt 02

Number: 95

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 22:09

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 3 (of 30)

Rank in course/Men: 3 (of 20)

Best time in course: 20:08

Rank in category: 1(of 4)

Best time in the category: 22:09

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	5:44	4:09	1	-	3	0:15	1.38	5:44	4:09	1	-	3	0:15
Lap 2	2.34	10:47	4:36	1	-	4	1:17	3.72	16:31	4:26	1	-	3	1:32
Last lap Finish	1.28	5:38	4:24	1	-	4	0:29	5.00	22:09	4:25	1	-	3	2:01