



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Hartung, Patrick

Club: Arnstadt

Number: 102

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 22:10

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 4 (of 30)

Rank in course/Men: 4 (of 20)

Best time in course: 20:08

Rank in category: 1(of 3)

Best time in the category: 22:10

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	5:56	4:17	1	-	4	0:27	1.38	5:56	4:17	1	-	4	0:27
Lap 2	2.34	10:42	4:34	1	-	3	1:12	3.72	16:38	4:28	1	-	4	1:39
Last lap Finish	1.28	5:32	4:19	1	-	3	0:23	5.00	22:10	4:26	1	-	4	2:02