



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Bergmann, Arne

Club: Martinroda

Number: 76

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 23:30

Speed: 12.77 km/h

Running performance: 4:42 min/km

Rank in course/Total: 6 (of 30)

Rank in course/Men: 5 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 23:30

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	6:30	4:42	1	-	12	1:01	1.38	6:30	4:42	1	-	12	1:01
Lap 2	2.34	11:04	4:43	1	-	5	1:34	3.72	17:34	4:43	1	-	6	2:35
Last lap Finish	1.28	5:56	4:38	1	-	7	0:47	5.00	23:30	4:42	1	-	5	3:22