



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Kaufmann, Dominique

Club: Arnstadt läuft!

Number: 92

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:34

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 8 (of 30)

Rank in course/Men: 7 (of 20)

Best time in course: 20:08

Rank in category: 2(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		Total		Total		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	6:11	4:28	2	0:15	5	0:42	1.38	6:11	4:28	2	0:15	5	0:42	
Lap 2	2.34	11:29	4:54	3	0:47	8	1:59	3.72	17:40	4:44	2	1:02	7	2:41	
Last lap Finish	1.28	5:54	4:36	2	0:22	6	0:45	5.00	23:34	4:42	2	1:24	7	3:26	