



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Klütsch, Carsten

Club: RSV Adler Arnstadt

Number: 97

Course: 5.00 km

5-km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 24:03

Speed: 12.47 km/h

Running performance: 4:49 min/km

Rank in course/Total: 10 (of 30)

Rank in course/Men: 9 (of 20)

Best time in course: 20:08

Rank in category: 3(of 3)

Best time in the category: 22:10

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	6:15	4:31	3	0:19	8	0:46	1.38	6:15	4:31	3	0:19	8	0:46
Lap 2	2.34	11:26	4:53	2	0:44	7	1:56	3.72	17:41	4:45	3	1:03	8	2:42
Last lap Finish	1.28	6:22	4:58	3	0:50	9	1:13	5.00	24:03	4:48	3	1:53	9	3:55