



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Harwardt, Nick

Club: Arnstadt

Number: 101

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 25:19

Speed: 11.85 km/h

Running performance: 5:04 min/km

Rank in course/Total: 13 (of 30)

Rank in course/Men: 10 (of 20)

Best time in course: 20:08

Rank in category: 1(of 2)

Best time in the category: 25:19

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	6:17	4:33	2	0:03	10	0:48	1.38	6:17	4:33	2	0:03	10	0:48
Lap 2	2.34	11:46	5:01	1	-	10	2:16	3.72	18:03	4:51	1	-	10	3:04
Last lap Finish	1.28	7:16	5:40	1	-	11	2:07	5.00	25:19	5:03	1	-	10	5:11