



# 31. Arnstädter Citylauf

Arnstadt / 29.04.2023

## Detailed evaluation

**Fleischer, Dirk**

Club: Arnstadt

Number: 79

Course: 5.00 km

5-km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 25:22

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 14 (of 30)

Rank in course/Men: 11 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 25:22

### Intermediate times

### Stage score

### Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-----------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                 |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Lap 1           | 1.38        | 6:27          | 4:40            | 1           | -              | 11          | 0:58          | 1.38          | 6:27          | 4:40            | 1           | -              | 11         | 0:58          |
| Lap 2           | 2.34        | 12:11         | 5:12            | 1           | -              | 11          | 2:41          | 3.72          | 18:38         | 5:00            | 1           | -              | 11         | 3:39          |
| Last lap Finish | 1.28        | 6:44          | 5:15            | 1           | -              | 10          | 1:35          | 5.00          | 25:22         | 5:04            | 1           | -              | 11         | 5:14          |