



# 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 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	6:27	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