



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

König, Florian

Club: LSV Lok Arnstadt

Number: 85

Course: 5.00 km

5-km-Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 26:42

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 17 (of 30)

Rank in course/Men: 12 (of 20)

Best time in course: 20:08

Rank in category: 2(of 2)

Best time in the category: 25:19

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	6:14	4:31	1	-	7	0:45	1.38	6:14	4:31	1	-	7	0:45
Lap 2	2.34	13:07	5:36	2	1:21	13	3:37	3.72	19:21	5:12	2	1:18	12	4:22
Last lap Finish	1.28	7:21	5:44	2	0:05	14	2:12	5.00	26:42	5:20	2	1:23	12	6:34