



31. Arnstädter Citylauf

Arnstadt / 29.04.2023

Detailed evaluation

Heinricht, Mario

Club: Ostäuser SV

Number: 82

Course: 5.00 km

5-km-Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 27:20

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 19 (of 30)

Rank in course/Men: 13 (of 20)

Best time in course: 20:08

Rank in category: 1(of 1)

Best time in the category: 27:20

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 | 6:53 | 4:59 | 1 | - | 13 | 1:24 | 1.38 | 6:53 | 4:59 | 1 | - | 13 | 1:24 |
| Lap 2 | 2.34 | 13:03 | 5:34 | 1 | - | 12 | 3:33 | 3.72 | 19:56 | 5:21 | 1 | - | 13 | 4:57 |
| Last lap Finish | 1.28 | 7:24 | 5:46 | 1 | - | 15 | 2:15 | 5.00 | 27:20 | 5:28 | 1 | - | 13 | 7:12 |